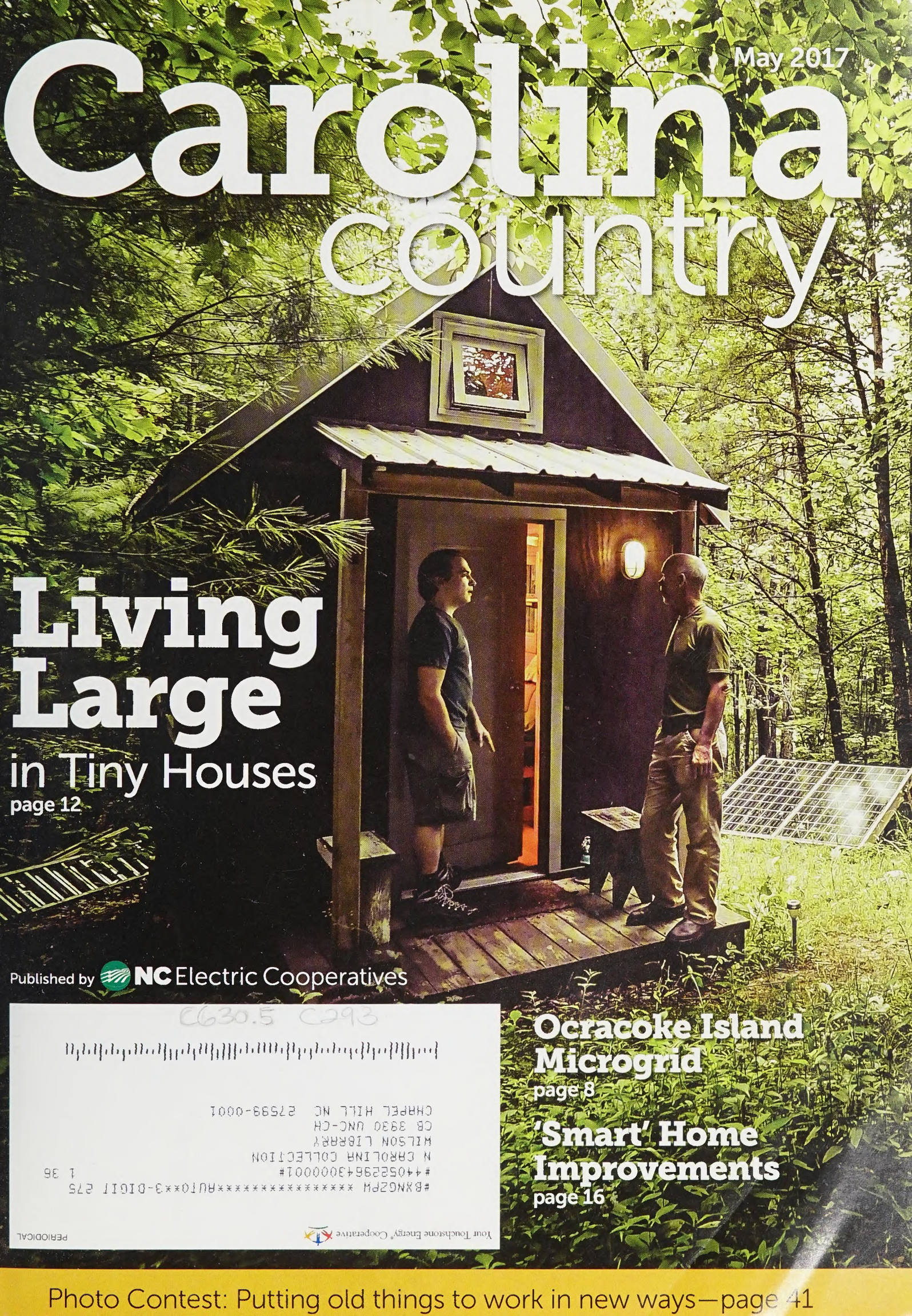
May 2017

# Carolina country



## Living Large in Tiny Houses

page 12

Published by NC Electric Cooperatives

C630.5 C293

#8XNG2PW **********AUTO**3-DIGIT 275
#4405229643000001# 1 36
N CAROLINA COLLECTION
WILSON LIBRARY
CB 3930 UNC-CH
CHAPEL HILL NC 27599-0001

Your Touchstone Energy® Cooperative

PERIODICAL

## Ocracoke Island Microgrid

page 8

## 'Smart' Home Improvements

page 16

Photo Contest: Putting old things to work in new ways—page 41

# Out of Africa

Sixty total carats of genuine Zambian emeralds & Ethiopian opals for **only $99**. This is epic!

She was a Danish Baroness. He, a rugged British adventurer. Theirs was an epic romance set against the sweeping savannas and breathtaking vistas of Africa. The 1985 film garnered 28 film awards, including seven Academy Awards™. It's safe to say this romantic drama was a huge hit.

**We have a blockbuster that's out of Africa too.** The ***Emerald and Opal Necklace*** gives you sixty total carats of Africa's most beautiful gemstones for **only $99**. A box office hit with our Stauer clients, we're pretty sure this is going to be a sold out performance.

The Cadillac of emeralds, Zambian emeralds stand out with a vivid, rich color as green as the lush rainforests in the Congo Basin. And, more than any other opal, the Ethiopian variety has proved to be the most diverse in its coloring. Known as "play-of-color," the entire rainbow can be viewed within the walls of these gems. Together, these two gemstones form a necklace of pure romance, glowing with color and shimmering with light. If you're looking to delight your leading lady, this necklace is the ticket.

Genuine emeralds and opals can cost a pretty penny when there's a big designer name on the box. Stauer would prefer to spend less on all that big name designer stuff like flashy advertising and storefronts, and instead give you a great deal.

**Romance guaranteed or your money back.** Experience the stellar performance of the ***Emerald and Opal Necklace*** for 60 days and if you aren't completely in love with it send it back for a full refund of the item price. But we're pretty sure this necklace will be a hit.

**Hurry before we're out of Africa's finest gemstones.** These genuine gemstones at this price are already selling out fast. Make sure you don't miss this epic deal and call today.

**Emerald & Opal Necklace** (60 ctw) ~~$595~~*
Offer Code Price *Only* **$99** + S&P ***Save $496!***

*You must use the insider offer code when you call to get our special price.*

**1-800-333-2045**

**Offer Code: EON136-01**

Please use this code when you order to receive your discount.

TAKE 83% OFF the non-offer code price instantly!
When you use your INSIDER OFFER CODE

Stauer® 14101 Southcross Drive W., Dept. EON136-01, Burnsville, Minnesota 55337 **www.stauer.com**

* *Special price only for customers using the offer code versus the price on Stauer.com without your offer code.*

*Stauer... Afford the Extraordinary.™*

Necklace enlarged to show luxurious color.

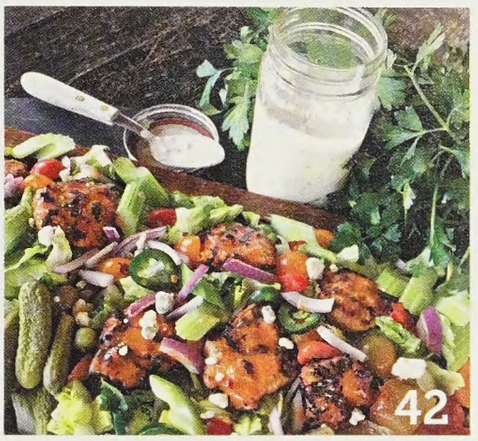
## 60 total carats of genuine emeralds & Ethiopian opals for only $99!

*"For over 5000 years, emeralds have been one of the most desirable and valuable colored gemstones. Ancient civilizations in Africa, Asia, and South America independently discovered emeralds and made them their gemstone of highest esteem."*
— Geology.com

- **60 ctw genuine Zambian emerald & Ethiopian opal**
- **Yellow gold-finished spacers & spring ring clasp**
- **18" Length**

BBB ACCREDITED BUSINESS **Rating of A+**

CONSUMER AFFAIRS ACCREDITED




## Favorites


4 Viewpoints
6 More Power to You
8 Between the Lines
10 Energy Tech
20 Carolina People
30 Carolina Compass
32 Adventures
33 Where is This?
33 Photo of the Month
34 Energy Sense
36 On the House
38 Carolina Gardens
40 Marketplace
42 Carolina Kitchen


## On the Cover

Matt LaVoie (L) with a visitor at his tiny house near Asheville. On page 12, learn how he and his wife, Laura, are among many across the state choosing to downsize. Photo by Giant Dream Photography.


12

### Tiny House Living

North Carolinians are finding they can still live large in a tiny house.

16

### Keeping Up with the Jetsons

Off-the-shelf technology has made futuristic smart homes a reality.

18

### A Full House of Energy Savings

Every room offers an opportunity to trim energy bills by making small changes.

26

### Daddy's Fan

And other things you remember


PHOTO CONTEST

### Reclaimed and Reused

*Show us how you're putting old things to work in new ways. See page 41 for details.*

Carolina country

(ISSN 0008-6746) (USPS 832800)

Read monthly in more than 695,000 homes

Published monthly by

NC Electric Cooperatives

3400 Sumner Blvd., Raleigh, NC 27616
919-875-3091
carolinacountry.com

**Warren Kessler**
Publications Director

**Scott Gates, CCC**
Editor

**Renee C. Gannon, CCC**
Senior Associate Editor

**Karen Olson House**
Contributing Editor

**Tara Verna**
Creative Director

**Erin Binkley**
Graphic Designer

**Linda Van de Zande**
Graphic Designer

**Jenny Lloyd**
Publications Business Specialist

**Jennifer Boedart Hoey**
Advertising

**Joseph P. Brannan**
Executive Vice President & CEO

**Nelle Hotchkiss**
Senior Vice President, Corporate Relations

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

**Why Do We Send You Carolina Country Magazine?**
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

BPA WORLDWIDE **Member of BPA Worldwide**

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. 919-875-3091.

rfm reach people. Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on digital cartridge as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. 888-388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

**POSTMASTER:** Send all UAA to CFS. (See DMM 707.4.12.5); **NON-POSTAL AND MILITARY FACILITIES:** send address corrections to Carolina Country, P.O. Box 27306, Raleigh, NC 27611.

**Subscriptions:** Individual subscriptions, $12 per year. $20 outside U.S.A. Schools, libraries, $6.

**HAS YOUR ADDRESS CHANGED?**
Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.

PRINTED WITH SOY INK Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.



# Safety Culture and Day-to-Day Safety Practices

*By Mitchell Keel*

Electric lineworkers are employed in one of the world's top 10 most hazardous jobs, with a 20.5 fatality rate per 100,000 workers, according to the Bureau of Labor Statistics. A good safety record is unique in any business, and we strive for this each and every day. But with the nature of the work of an electric utility, it has even more significance. That's why for nearly 80 years, Four County EMC and electric co-ops across the state have been committed to providing a reliable, but most importantly, a safe electrical system for our members, communities and employees.

North Carolina's electric cooperatives are part of a national accreditation program, Rural Electric Safety Achievement Program (RESAP), that evaluates cooperatives on their safety procedures, system inspections and maintenance, training and public education. RESAP is one of the few programs in the country that provides electric cooperatives a management tool for continuous safety and loss control assessment. Four County EMC received its first safety accreditation in 1972 and has been re-accredited every three years since then.

An important key is being committed, as well as the attitudes and actions of all employees to keep a positive outcome when considering our safety culture and day-to-day practices. Each employee is held accountable for their safety performance. Being accountable goes hand in hand with our new safety initiative. The electric co-ops' Raleigh-based Job Training & Safety team has incorporated human behavior and personal accountability into safety procedures. Employees make a personal commitment to raise the safety bar to a higher level as individuals.

Another essential part of Four County EMC's safety program is keeping all 92 employees educated by reviewing safe work practices. Monthly safety meetings are held for all line personnel and quarterly meetings are held for inside and outside employees. Additionally, line workers perform tailgate meetings to review safe practices and recognize job hazards on every job before they begin work on energized lines. We are fully committed to regular safety meetings, and we constantly remind our employees that our goal is for every employee to go home safe to their family every day.

Working toward a wholesome culture of safety, Four County EMC also has in place an employee safety committee, which includes office and field personnel. The committee meets at least once a year and more often if needed to discuss ways of improving procedures and avoiding problems in the workplace and in the field.

Our efforts are paying off, and I'm proud to say that from July 2015 through February 2017, our co-op's employees worked more than 281,697 hours, including a major storm restoration of Hurricane Matthew in October 2016, with no lost time accident.

Our lineworkers face many risks every day, not only with high voltage lines, but also working and driving in all kinds of weather and terrain day and night. Like other co-ops across the state, Four County EMC has invested in more bucket trucks to assist in line and service work, and we have purchased hydraulic tools and other equipment we believe reduces injuries and helps workers continue their careers longer than in the past.

Safety is more than just a buzzword for the state's electric cooperatives. Our employees work conscientiously toward keeping themselves accident-free and making each co-op a safe place to work.

*Mitchell Keel is CEO at Four County EMC in Burgaw.*

THIS MONTH'S ISSUE:

## Around the House

Spring is always a good time of year to size up what projects need to be done around the house. It's a time to get to any final repairs left in the wake of winter, and tighten up drafty areas before the deep heat of summer. In this issue, we're using the opportunity to explore a few home improvement topics that are a little more trendy than traditional. You'll also notice we've done some home improvement of our own, with a new look to the design of Carolina Country. Look for more changes in the months ahead.

*—Scott Gates, editor*

### Why I Love my Co-op

I look forward to receiving Carolina Country each month. I find it very informative and enjoyable and always enjoy the recipes that are published. I have made several of these, which have become my favorites.

I loved "Great Gardens" in the March issue (page 14) — the beautiful photos and stories behind them. I always love all the articles, especially "Where Life Takes Us" and "I Remember." Thank you for choosing mine for the March issue ("The True Grit of Granny Roten," page 28). I continue to get a lot of feedback from my article.

In February 2001, readers were asked to respond and tell "Why I love my electric co-op." Mine was among those selected then, too. I can honestly say my electric co-op has only continued to get better.

*Ann Ray, West Jefferson*
*a member of Blue Ridge Energy*

Editor's Note: In Ann's 2001 submission about her co-op, she said about Blue Ridge Energy (Blue Ridge Electric at the time): "They go the extra distance to provide all their customers with energy, efficient and affordable service—especially the ones such as myself who are on a limited income. When a problem occurs, they come and listen with interest and show you respect."

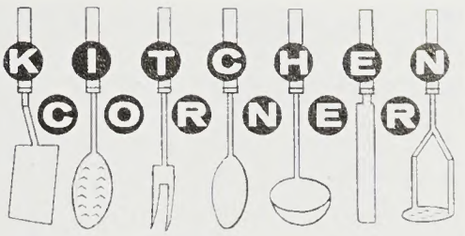
### Now *That's* a Birthday Cake

The Banana Pudding Cake recipe from the April Carolina Country magazine ("Where to Go for Good Eats," page 64) gets rave reviews! It made the perfect birthday cake for James King's 54th birthday. Thanks!

*Heidi Austin, Franklinton, a member of Wake Electric*

### Corrections to our April Issue:

In our April 2017 Carolina Country Adventures section, please note the following corrections: The Uwharrie Mountains ("Off-Roading, Uwharrie Style," page 60) span Randolph, Montgomery, Stanly and Davidson counties, but not so far east as neighboring Moore County. All-day fishing admission for children 12 and under at Jennette's Pier ("New Life for an Old Pier," page 69) is $6, not $67.




### A Coveted Recipe

Sheila Morton, a long-time member of Carteret-Craven Electric Cooperative, contacted us in search of a recipe she saved from Carolina Country shortly after she was married. After some digging, we found the recipe in the "Kitchen Corner" section of our November 1972 issue.

The recipe originally came from Mrs. Linda Lee Cowan of Polkton, who said at the time: "This recipe is unique in that it was given to me by the owner of a large hotel in eastern North Carolina... The rolls were so good that people would stop at the hotel just to eat them with hot coffee."

### Refrigerator Rolls

- ½ cup hot water
- ½ cup lard
- ¼ cup sugar
- 1 teaspoon salt
- 1 package of yeast
- ½ cup warm water
- 1 egg
- 3 cups plain flour

Soften lard in hot water. Add sugar and salt. Dissolve yeast in warm water and add egg. Mix well all together and add flour. Beat well. Place in refrigerator to chill (dough will be soft until it chills).

Take out one hour before baking (or enough time for dough to rise and double, depending on the temperature of the room). Bake at around 425 degrees for 10 to 15 minutes or until done.

Dough may be kept in refrigerator for two or more weeks using only amount needed.


### Contact us

**Phone:** 919-875-3091
**Fax:** 919-878-3970
**Mail:** 3400 Sumner Blvd.
Raleigh, NC 27616
**Web:** carolinacountry.com
**Email:** editor@carolinacountry.com

# Doing What Co-ops Do Best

*N.C. electric co-op annual meetings focus on innovation and relating with members*

Executive staff, directors and other key staff from North Carolina's electric cooperatives gathered in Raleigh April 5 and 6 for the 2017 Statewide Annual Meetings. More than 400 attendees met to reflect on the past year's successes and discuss strategies for success in an ever-changing energy industry.

The meetings' theme of "Beyond Fearless: Relate and Innovate" follows last year's theme of "Move Forward and Be Fearless" and frames electric cooperatives' strengths in a time of industry change: Electric cooperatives are the original consumer-centric utilities, and are leaders in innovation as nimble, forward-focused organizations.

Outgoing NCEMC board president Mark Suggs, executive vice president and general manager at Pitt & Greene EMC, spoke to the strength of North Carolina's electric cooperatives in his remarks to the crowd.

"Electric co-ops in North Carolina have got something going on: Excitement. There's excitement in North Carolina. There are things happening here that are not collectively happening in other states, and we *should* be excited about it," Suggs said. "There's never been something that came along to so change the quality of life as electricity. We must continue to do those things for our members that improve their quality of life."

Randy Berger

*Luke Williams challenged the crowd to question old clichés.*

Other speakers included Curtis Wynn, president and CEO of Roanoke Electric; Luke Williams, author of "Disrupt: Think the Unthinkable to Spark Transformation in Your Business," and a global leader in consulting on disruptive innovation; and a Young Adult Panel of young leaders from the Carolinas making a difference by pursuing their passions.

Panelists—all former participants of the electric cooperative Youth Tour—were Phillip Habib, current Soil and Water Commissioner for Berkeley County, South Carolina; Alex Loflin, a senior at NC State majoring in Natural Resources and minoring in Extension Education; and Brennan Halkidis, a senior at Porter Ridge High School in Indian Trail. The group discussed their experiences confidently working for change, and shared some of what they will be looking for as they enter the workforce.

"It's important to have a very diverse group working to achieve the same objective," Habib explained from his experience. "That's how you achieve the best results."

Randy Berger

*(L to R) NCEMC CFO Lark James moderated a leadership panel with EnergyUnited CEO Wayne Wilkins and Jones-Onslow EMC CEO Jeff Clark. Not pictured: Randolph EMC CEO Dale Lambert*

## Who's Who at the Annual Meetings

### STATEWIDE LEADERS

The following were elected to 2017–2018 board leadership positions:

- **NCEMC (power supply):** President Dale Lambert, Randolph EMC; Vice President Paul Spruill, Tideland EMC; Secretary-Treasurer Greg Puckett, Surry-Yadkin EMC.
- **NCAEC (co-op services):** President Toby Speaks, Surry-Yadkin EMC; Vice President Bill Barber, Piedmont EMC; Secretary-Treasurer Max Walser, EnergyUnited.
- **TEMA (material supply):** District I, Joseph Joplin, Rutherford EMC; District II, John Lee, Mecklenburg Electric Cooperative (Va.); District III, Bertice Lanier, Four County EMC.

### YOUTH EDUCATION SCHOLARSHIPS

The North Carolina Association of Electric Cooperatives awards three scholarships each year to Youth Tour participants from the past year. Outgoing NCAEC President Susan Flythe, Cape Hatteras Electric Cooperative, announced this year's recipients: **Gracie Greene (Blue Ridge Energy)** received the Youth Leadership Council Scholarship; **Brennan Halkidis (Union Power Cooperative)** received the Gwyn B. Price Memorial Scholarship; and **Cassidy Mason (Tri-County EMC)** received the Katie Bunch Memorial Scholarship.

**carolinacountry.com/extras**
Watch videos providing a snapshot of each scholarship winner's life.

## Schwentker Honored as Long-Time Co-op Advocate

*(L to R) Schwentker accepted the honor on stage with Finley; Joy, his wife; and David, one of their two sons.*

A special presentation was made during the 2017 Statewide Annual Meetings by North Carolina Utilities Commission Chairman Edward Finley—a surprise to attendees including Bob Schwentker, senior vice president and general counsel for North Carolina's Electric Cooperatives. On behalf of Gov. Roy Cooper, Finley named Schwentker to The Order of the Long Leaf Pine.

"This is among the most prestigious awards conferred by the governor of North Carolina, and is only awarded to persons for exemplary service to the state of North Carolina and its communities that is above and beyond the call of duty," Finley said.

Schwentker, who earned a law degree from the University of North Carolina at Chapel Hill, began his initial service to electric co-ops at the law firm of Crisp, Davis, Schwentker, Page & Currin in Raleigh. He then joined North Carolina's Electric Cooperatives, where he has served as a key resource for legal, legislative, finance and compliance initiatives since 1992.

At the national level, he has conducted annual legal seminars for electric co-ops across the country. Schwentker also is a founding member of the Electric Cooperative Bar Association, created as a forum for electric co-op attorneys to tap into the collective expertise of colleagues nationwide.

Following the annual meeting, Schwentker retired after a full career serving electric cooperatives and their members spanning four decades.

"The co-op model is one to be treasured, because it is really focused on individuals," Schwentker said. "There's a strength that exists—a genuine caring about individuals that pervades at every level. That's what I'll miss most. I have truly enjoyed working with the people across the electric co-op network."

## The Strength of a National Network

**Editor's Note:** We recently received a call from Mark Hewitt, a member of and former employee of Brunswick Electric, who had a good question:

***What does "A Touchstone Energy Cooperative" mean for my electric co-op?***

You may have seen it in beneath your electric cooperative's logo: Touchstone Energy®, with its red, blue and yellow logo. But what is it? Touchstone Energy is a brand and an alliance spanning 46 states, connecting 32 million electric cooperative members from 750 electric cooperatives.

Electric cooperatives are different from other electric utilities. Investor-owned utilities are accountable to their shareholders; municipal electric companies are accountable to the cities and towns that they serve; but electric cooperatives—we are not-for-profit, owned, managed and accountable to the people, like you, who we serve.

Every electric cooperative in North Carolina and beyond is independent and governed locally by a board of directors elected by the people who live in that community. Individually, and compared to other utilities, these co-ops are small, but together, we are strong.

For nearly 20 years, Touchstone Energy has been the voice electric cooperatives across the nation share when communicating cooperative values, ideals and promises. And from us, you can expect not just innovation to meet your expanding energy needs, but a commitment to community because we are a part of your community.

Whether you're in North Carolina or North Dakota, be on the lookout for the Touchstone Energy symbol and know that your local Touchstone Energy cooperative is committed to innovation, excellent service and building the local community.

*—Kristie Aldridge, North Carolina's Electric Cooperatives*

Touchstone Energy® Cooperatives
*The power of human connections®*

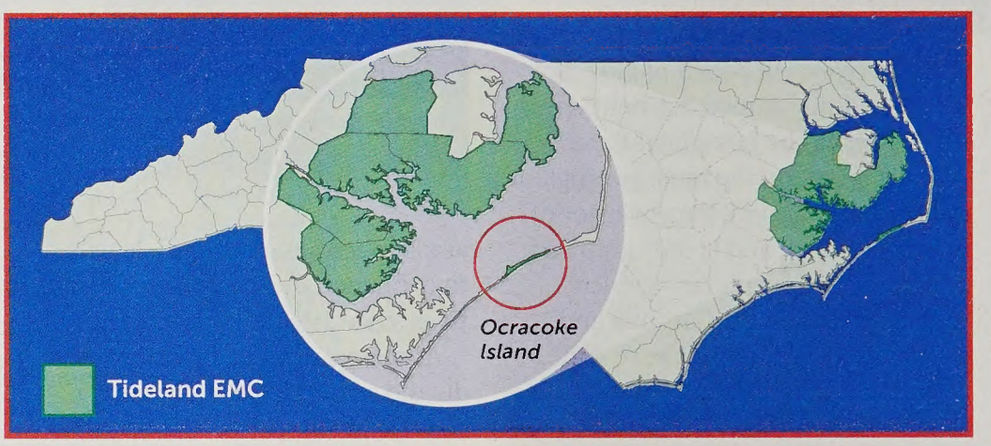
# A First for the State

## Ocracoke Island's microgrid uses local resources to improve reliability

On a chilly morning in February, control room operators in Raleigh flipped the switch on a new microgrid on Ocracoke Island, successfully testing what is North Carolina's electric cooperatives' first utility-owned microgrid, and potentially the first operational, system-integrated microgrid in the state.

The technology worked as planned: A bank of Tesla batteries delivered stored power to the grid for two hours, and more than 150 ecobee3 thermostats in Tideland EMC members' homes were adjusted to automatically lower heat by a few degrees to make more power available to the system overall. Solar panels placed on the roof of the existing diesel generation plant (saving valuable real estate on the small island) also provided power as the sun crept higher in the sky.

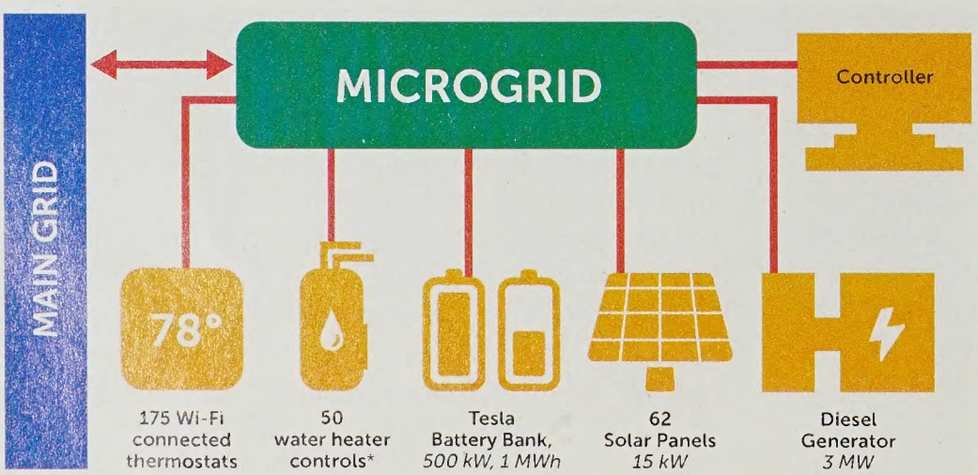
"Tideland EMC is proud to host this investment on behalf of the state's electric cooperatives," said Paul Spruill, Tideland EMC general manager and CEO. "Our Ocracoke members who have chosen to install the ecobee3 thermostats are not only happy with the product, but also participated heavily during the successful February microgrid operation."




But what exactly is a microgrid, and why is it important? Ocracoke Island itself serves as a good example of how a microgrid works. For residents and visitors, a ferry service keeps people and goods moving from the island to the mainland. Should the ferry stop running, due to weather, for example, residents have enough of what they need on the island to wait it out. Similarly, a microgrid (like the island) is a group of interconnected loads and resources connected to the main electric grid, which often draw needed power from it. But, should the connection to the main grid become unavailable, the microgrid can help keep critical services online, drawing from a variety of local resources.

The Ocracoke Island microgrid will improve electric service reliability for the island, which is often in the path of offshore storms. The resources also can reduce reliance on the main power grid during times of high demand, such as that chilly morning in February. It also serves as an opportunity to test the integration of this technology as the state's electric cooperatives look to use the concept elsewhere.

"Microgrids can be utilized wherever you have critical services that can benefit from increased reliability and resilience—many hospitals, college campuses and military bases, for example, are already using this kind of technology," said Lee Ragsdale, senior vice president of grid infrastructure and compliance for North Carolina's Electric Cooperatives. "Electric co-ops are exploring other microgrid projects across the state as we see opportunities to improve resilience and help manage costs for member-consumers."




A microgrid is made up of several interconnected components. North Carolina Electric Membership Corporation worked with Tideland EMC, Hannah Solar and Raleigh-based Power Services to develop the Ocracoke Island microgrid.

** Water heater controls rolling out in phases*

# THERAPEUTIC ACUPRESSURE
## WITH EVERY STEP

*Featherlight Support*

**Massaging Comfort Slides**

was $~~16.99~~

**SAVE $7.00**

Now Only **$9.99**

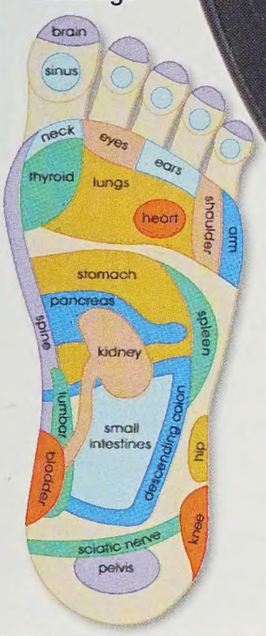
**FREE** Shipping & Handling when buying 2 or more

Ladies'

Men's

Sure Grip Soles

**Acupressure Massage**




**Helps Promote:**

- Circulation
- Relaxation
- Overall Health

**INSOLES MASSAGE & INVIGORATE YOUR FEET**

Connect With **DreamProducts.com**

email blog facebook pinterest google+ website offers may vary

**1-800-530-2689**
Order Now Toll-Free

**Receive A Free Surprise Gift with every order**

Dept 74706 © 2017 Dream Products, Inc. (Prices valid for 1yr.)

### All Day Comfort

Feather-light acupressure massaging sandals have strategically placed nodules that massage and stimulate pressure points with every step. Acupressure is believed to help overall health by increasing circulation. Easy slip on/slip off style with sure-grip soles. Waterproof sole and upper makes it the perfect shoe indoors or out! Fashion import of man-made materials are available for both men and women. Buy two pair and your shipping and handling are FREE!

Satisfaction Guaranteed or Return For Your Money Back

| Massaging Comfort Slides | Indicate Qty Under Size | | | | | | |
|---|---|---|---|---|---|---|---|
| Ladies' #678 | Sz (5) | Sz (6) | Sz (7) | Sz (8) | Sz (9) | Sz (10) | |
| | | | | | | | |
| Men's #679 | Sz (7) | Sz (8) | Sz (9) | Sz (10) | Sz (11) | Sz (12) | Sz (13) |
| | | | | | | | |

| | |
|---|---|
| ____ Pr(s) Massaging Comfort Slides @ $9.99 pr. | $ |
| **CA residents must add 7.25% sales tax** | $ |
| Regular Shipping & Handling Add $4.95 1st pair<br>FREE Shipping & Handling when buying 2 or more pairs | $ |
| ☐ ✔ **FOR EXPEDITED SHIPPING** *(optional)*<br>**Add An Additional $2.95**<br>**(receive your order 5-7 days from shipment)** | $ 2.95 |
| **TOTAL** | $ |

Please Print Clearly

Check or money order **payable** to: **Dream Products, Inc.**
**Send Order To: 412 Dream Lane, Van Nuys, CA 91496**

❑ VISA ❑ MasterCard ❑ Discover®/NOVUS℠Cards

Card# Exp. Date ___/___

Name _____

Address _____

City _____ ST ____ Zip _____

Daytime Phone # _____

**Dept. 74706** Email _____

# Coming to a Street Near You

## As technology matures, LEDs are being used in more public areas

*By John Casadonte*

Lighting pervades the space we live and work in, directly impacting our rhythmic clock, productivity and mood. Yet, unless the lighting is "bad," it usually goes unnoticed. In fact, most people still see lighting as solely a utilitarian illumination product—when in reality light can do so much more.

Light-emitting diode (LED) technology has transformed the way we think about lighting. Instead of simply illuminating an area, LED lighting is a technology that can reduce energy consumption and maintenance costs; increase productivity and mood; and reduce health and safety issues. As the technology landscape has continued to evolve and new products enter the market, it can be difficult to determine which LEDs will deliver on the promise of better light. Today, the lighting technology has reached a point where it can and should deliver enhanced experiences, without compromise, in a manner not possible before. LEDs are technically capable of replacing all existing lighting technology, including Metal Halide and High Pressure Sodium, in every application from streets to stadiums.

Along these lines, one application for LED technology that you may notice outside your home is street lighting: High-performance LED street lights can deliver warm, comfortable and low-glare light. A new wave of street lights provides innovative solutions for municipalities, cities and departments of transportation that increase lighting performance while significantly reducing energy consumption.

With traditional street lighting technology, lighting can be one of the largest energy expenditures a utility or municipality faces. By switching to LEDs, energy consumption can be reduced by 70 percent, and LED lights can last up to 10 years without maintenance.

*LED street lights can be designed to create safer nighttime driving conditions.*

### Secure lighting

While energy and maintenance efficiencies for LED lighting are known, some have yet to realize the technology's ability to enable vibrant, even and clear illumination that can be distributed exactly where and how you want it. These features are particularly useful for installations operating around the clock, such as street lights that are critical for creating safer environments for vehicle and pedestrian traffic.

The specific LED technology used depends on the specific application. "Warm color" temperature street lights (in the 3,000 Kelvin range) are preferred in many residential and rural applications as they enhance visual comfort, reduce glare and dark spots, improve vision and evoke a feeling of security. A higher-output LED is necessary for highway applications to keep drivers alert, awake and safe.

### The big picture

With these benefits, implementing LED lighting seems like a no brainer, but it is important to note that not all LED lighting is created equally, and specific types of LEDs often work better than others in specific applications. Electric cooperative across North Carolina are taking a holistic view of LED lighting to ensure they are realizing the full potential and benefits of LED technology. The key to better light lies in finding an LED lighting solution that is designed with the human factor in mind.

*John Casadonte is a product marketing manager at Durham-based Cree, Inc., an industry leader in LED lighting for indoor and outdoor applications.*

**carolinacountry.com/energytech**
Learn more about cutting-edge energy trends.

# Field Dress For Success

*The hunt for the perfect outdoorsman knife is over. There's only one tool you need: the Whitetail™ Hunting Knife—now* ***ONLY $49!***

The consummate outdoorsman never goes on deep woods hunting trips without the essentials. Not just the basics for every hunting trip, but the items he's come to depend on over the years.

Our new ***Whitetail™ Hunting Knife*** will quickly become your go-to blade for every expedition. The Whitetail™ is a premium fixed-blade hunting knife that's perfect for skinning. With the Whitetail at hand, you'll be ready for field dressing in only seconds, and you'll never need a separate gut hook tool ever again. The Whitetail™ boasts a mighty 420 high carbon, full tang stainless steel blade, meaning the blade doesn't stop at the handle, it runs the full length of the knife. According to *Gear Patrol,* a full tang blade is key, saying "*A full tang lends structural strength to the knife, allowing for better leverage ...think one long steel beam versus two.*"

The comfortable handle is made from pakkawood—moisture-resistant and more durable than hardwood. If hunting is your life, then the Whitetail™ Knife was designed to make your life easier.

With our limited edition ***Whitetail™ Hunting Knife*** you're getting the best in 21st-century construction with a classic look inspired by legendary American pioneers. What you won't get is the trumped up price tag. We know a thing or two about the hunt— like how to seek out and capture an outstanding, collector's-quality knife that won't cut into your bank account.

**BONUS!** Call today and you'll also receive this heavy duty sheath!

This knife can be yours to use out in the field or to display as the art piece it truly is. But don't wait. A knife of this caliber typically cost hundreds. Priced at an amazing **$49**, we can't guarantee this knife will stick around for long. So call today!

**Your satisfaction is 100% guaranteed.** Feel the knife in your hands, wear it on your hip, inspect the craftsmanship. If you don't feel like we cut you a fair deal, send it back within 60 days for a complete refund of the item sale price. But we believe that once you wrap your fingers around the ***Whitetail's*** handle, you'll be ready to carve your own niche into the wild frontier.

**What customers are saying about Stauer knives...**

★★★★★

***"Good value. Great looking. Sufficiently sharp. Overall an "A" purchase and I ordered three."***

— B. of Maryland

**Whitetail™ Hunting Knife** ~~$79~~*

Offer Code Price Only **$49** + S&P Save $30

***PLUS Free Stauer Compact Binoculars***

## 1-800-333-2045

**Your Insider Offer Code: WHK187-01**

You must use the insider offer code to get our special price.

TAKE 38% OFF INSTANTLY! When you use your INSIDER OFFER CODE

Not shown actual size.

**Stauer®** 14101 Southcross Drive W., Dept. WHK187-01
Burnsville, Minnesota 55337 www.stauer.com

BBB ACCREDITED BUSINESS **Rating of A+** CONSUMER AFFAIRS ACCREDITED

**Discount is only for customers who use the offer code versus the listed original Stauer.com price.*

• 5 ¼" 420HC stainless steel blade • Full-tang design with gut hook • Pakkawood handle with brass pins • Bonus heavy duty nylon sheath

*Stauer...Afford the Extraordinary.™*

# Tiny House Living

## North Carolinians are finding they can still live large in a tiny house

*By Leah Chester-Davis*

Imagine a home the size of some master bedrooms or smaller. Every inch is maximized with innovative storage solutions, taking advantage of nooks and crannies that may be taken for granted in a typical-sized home. Often a loft area that serves as a bedroom perches above a bathroom, kitchen and small living room that may also serve as an office or some other purpose.

"A smaller house means a larger life" seems to be the philosophy of tiny house owners. Tiny houses, typically anywhere from 100 to 400 square feet, have taken off in terms of popularity and alternative housing options.

"People are drawn to tiny homes because they want happiness in their lives," says Teal Brown, who with his dad, Gerry Brown, own Wishbone Tiny Homes in Asheville, which specializes in portable, Craftsman-style homes ranging from 150 to 250 square feet. "Typically, that manifests in the form of financial freedom and additional free time. Many people have become disillusioned by a consumer-driven lifestyle and have instead turned their focus to experiential-based living."

That's the case for Laura LaVoie, who extols the tiny house lifestyle on her blog, "Life in 120 Square Feet (120squarefeet.com), and her book, "120 Ideas for Tiny Living." She stresses that it's not about the house. "Changing the way you think about how you live and how you use space is far more critical," she explains.

For LaVoie and husband, Matt, who built a tiny house on property north of Asheville, the downsized, diminutive dwelling offered the unconventional living arrangements they had been seeking. "It represented freedom to us," she says. "I love where it is. I love that we are in the middle of the Smoky Mountains and can step out of our door all year long and see the beauty all around us."

### Tiny house, tiny bills

Like LaVoie, many tiny house owners cite the freedom and more intentional or mindful living that seem to be part of the tiny house philosophy. Many want to simplify their lives—indeed, the lifestyle requires fewer belongings—live less stressed, leave a smaller footprint, make more time for

*TinyHouseNC founder Andrew M. Odom, shown with his wife Crystal and daughter Tilly Madison, has lived "tiny" in several different ways since this photo was taken in early 2012. They first lived in a converted woodworkers shop, then the tiny house on wheels shown here. His family currently lives in a small house in rural eastern North Carolina.*

people and hobbies they love, be debt-free and reduce utility costs.

"Tiny homes demand very little energy to heat and cool, due partly to green building practices but mainly due to their small size," Brown says.

Heating and cooling a smaller space results in much lower bills for the homeowner. When you compare costs to heat and cool only a few hundred feet, utility costs can run a tenth of the $200 to $300 it can cost for an average size home. It's no wonder these small packages have such appeal.

Innovative products, says Brown, allow for both savings and comfort. He cites an efficient wood stove used for tiny houses as an example. It allows "users to forego a heavy reliance on electricity or gas by heating with wood, which can reduce energy costs," he says. "Like many of the multi-functioning features in a tiny home, the stove does triple duty by allowing the user to heat, cook and create low-voltage current for lighting and for charging batteries."

Others may use stove range tops that run off alcohol fuel. Some may use special propane heaters. One of the tiny house models that Brown builds, known as the Z Huis, includes a 1-kilowatt solar photovoltaic system on the roof, backed by a 420 AH battery bank.

The average size single home is 2,697 square feet with an average sale price of more than $300,000, according to the U.S. Census Bureau. The average tiny house is built for $25,000 in materials, according to tinyhousegiantjourney.com. Prices vary based on whether it's a do-it-yourself project, and the materials and appliances used. Add up the difference between a mortgage on an average-size house versus a tiny house and you have more reasons there is a growing number of people opting to go this route. Greater financial freedom gives people more time to pursue the things they enjoy rather than working to pay bills.

LaVoie says that as soon as her tiny house was built in 2012, she and her husband quit their jobs and moved to the mountains.

"Building and living in a tiny home profoundly changed my life, and it had very little to do with the house itself," she says. "It was a catalyst to see things differently and change my action accordingly. By getting rid of the mortgage, I could make significantly less money and be comfortable. By moving into a tiny house with no expenses, I could stretch my money even further."

## Tackling big issues

Andrew Odom, a Four County EMC member in Duplin County, was hesitant to take on the loan for which he and his wife were pre-approved when they were looking at buying a home several years ago. When they began researching non-traditional housing, they came across the tiny house concept. They ended up building a 240-square-foot house where they lived for two years until their growing family required more space.

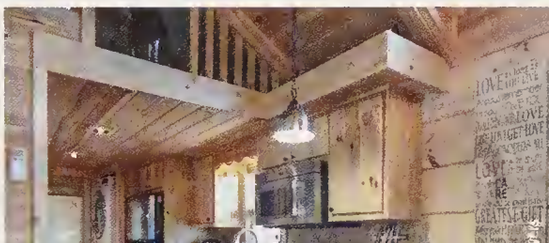
*continued on page 14*

**carolinacountry.com/extras**
Tour the Periwinkle (right), a tiny home built by a group of homeschoolers.

*Below top: Interior shot from a tiny home community in Flat Rock, The Village of Wildflowers.*

*Below middle: Wishbone Tiny Homes builds custom tiny houses and helps do-it-yourselfers complete their own projects.*

*Below bottom: "The Periwinkle," a tiny home in Burgaw owned by Patti Cannan, tinyisbeautiful.com.*



The Village of Wildflowers offers rentals so you can try a tiny home on for size. To learn more: thevillageofwildflowers.com.

Laura LaVoie and her husband Matt's tiny house near Asheville

Odom sees great potential in tiny houses helping solve housing needs in the state. Toward that end, he organized last month's Tiny House NC Street Festival in Pink Hill to bring together national speakers, including LaVoie, who are active in the tiny house movement. Odom's goal was to be a catalyst for Carolinians to rethink the housing situation in the state.

"North Carolina is in need of modern, affordable, attractive, housing solutions for situations like government-subsidized housing, disaster relief housing and micro-housing for young professionals," he says. He touts tiny houses as possible solutions.

In some areas, these small structures are being used to help reduce homelessness. Tiny Houses Greensboro is a nonprofit that is creating a tiny house community to provide a stable housing environment and community support. They partner with the City of Greensboro to develop land and address building codes and zoning issues. They also work with local housing organizations that assist in qualifying potential residents. Residents are required to participate in construction and other volunteer opportunities.

A few tiny house communities are popping up around the state. The Village of Wildflowers near Flat Rock has high-end houses that are 400 square feet and a few that are 150 square feet. Noah Palffy says the development has taken off, going from 15 homes to nearly 60 in the last six months of 2016.

"It happened overnight," he says. "We were featured three times on Tiny House Hunters on HGTV, and that has a lot to do with it."

The Village of Wildflowers gives you a chance to try the lifestyle before taking the plunge and ridding yourself of belongings. They have rental options for a short-term stay from a couple of nights to a month or more. Their common areas include a village hall for community gatherings and activities and outdoor spaces such as pools, fire pits and a dog park.

Tiny houses are sometimes used as a way for an aging parent or grandparent to be as close as a walk through the back yard but still have privacy and some degree of independence.

## Taking the tiny plunge

Before beginning any tiny house project, check with zoning ordinances in your area to ensure tiny houses are recognized as legal dwellings. Zoning laws can be a factor for both tiny houses on wheels and those on foundations. Tiny homes on wheels are often classified as RVs and may not be considered legal dwellings.

In some locations, tiny houses that are built on a permanent foundation behind or beside another larger home may be referred to as an Accessory Dwelling Unit (ADU). It may be legal to build, depending on the zoning ordinances. Brown says that in some locales, such as Asheville, tiny homes help address housing needs.

While tiny house living often means a major purge of belongings, LaVoie recommends soul searching first.

"Read blogs, read books and get a real sense for what a tiny house is," she advises. "The truth is, living tiny has never been about the house, and you don't have to have a 120-square-foot home on a trailer to adopt the lifestyle."

*Leah Chester-Davis loves to explore North Carolina from her home in Davidson. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, and lifestyle brands and organizations.*

Interior of a tiny home in Flat Rock's Village of Wildflowers

Bigger Buttons

No Contracts

# "My friends all hate their cell phones... I love mine!" Here's why.

FREE Car Charger

*Say good-bye to everything you hate about cell phones. Say hello to the Jitterbug Flip.*

***"Cell phones have gotten so small, I can barely dial mine."*** Not the Jitterbug® Flip. It features a large keypad for easier dialing. It even has a larger display and a powerful, hearing aid-compatible speaker, so it's easy to see and conversations are clear.

***"I had to get my son to program it."*** Your Jitterbug Flip set-up process is simple. We'll even program it with your favorite numbers.

***"What if I don't remember a number?"*** Friendly, helpful Personal Operators are available 24 hours a day and will even greet you by name when you call.

***"I'd like a cell phone to use in an emergency."*** Now you can turn your phone into a personal safety device when you select a Health & Safety Package. With 5Star® Service, in any uncertain or unsafe situation, simply press the 5Star button to speak immediately with a highly-trained Urgent Response Agent who will confirm your location, evaluate your situation and get you the help you need, 24/7.

Available in Red and Graphite.

| Monthly Plan | $14.99/mo* | $19.99/mo* |
|---|---|---|
| Monthly Minutes | 200 | 600 |
| Operator Assistance | 24/7 | 24/7 |
| Long Distance Calls | No add'l charge | No add'l charge |
| Voice Dial | FREE | FREE |
| Nationwide Coverage | YES | YES |
| Friendly Return Policy† | 30 days | 30 days |

Health & Safety Packages available as low as $19.99/month*.
More minute plans available. Ask your Jitterbug expert for details.

***"My cell phone company wants to lock me in a two-year contract!"*** Not with the Jitterbug Flip. There are no contracts to sign and no cancellation fees.

***"Many phones have features that are rarely needed and hard to use!"*** The Jitterbug Flip contains easy-to-use features that are meaningful to you. A built-in camera makes it easy and fun for you to capture and share your favorite memories. And a flashlight with a built-in magnifier helps you see in dimly lit areas, the Jitterbug Flip has all the features you need.

**Enough talk.** Isn't it time you found out more about the cell phone that's changing all the rules? Call now, Jitterbug product experts are standing by.

**Order now** and receive a **FREE Car Charger** – a $25 value for your Jitterbug Flip. Call now!

Call toll-free to get your
## Jitterbug Flip Cell Phone
Please mention promotional code 105797.
## 1-866-428-3145
www.JitterbugDirect.com

jitterbug flip

firstSTREET for Boomers and Beyond®
1998 Ruffin Mill Road
Colonial Heights, VA 23834

100% U.S. Based Customer Service

We proudly accept the following credit cards:

VISA DISCOVER

47666

IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. Plans and Services require purchase of a Jitterbug phone and a one-time setup fee of $35. *Monthly fees do not include government taxes or assessment surcharges and are subject to change. Coverage is not available everywhere. 5Star or 9-1-1 calls can only be made when cellular service is available. 5Star Service will be able to track an approximate location when your device is turned on, but we cannot guarantee an exact location. †We will refund the full price of the Jitterbug phone and the activation fee (or setup fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a $10 restocking fee. The shipping charges are not refundable. There are no additional fees to call GreatCall's U.S.-based customer service. However, for calls to a GreatCall Operator in which a service is completed, you will be charged 99 cents per call, and minutes will be deducted from your monthly rate plan balance equal to the length of the call and any call connected by the Operator. Jitterbug, GreatCall, and 5Star are registered trademarks of GreatCall, Inc. ©2017 GreatCall, Inc. ©2017 firstSTREET for Boomers and Beyond, Inc.

Vivint Smart Homes

# Keeping Up with the Jetsons

## Off-the-shelf technology has made futuristic smart homes a reality

*By Terry Woster*

An avalanche of new 'smart' home technology—video doorbells, self-adjusting thermostats, lighting that remembers just how bright you prefer each room—is flowing onto the market, offering a wealth of options for anyone considering home-improvement projects.

Not every homeowner will want the futuristic home of George and Jane Jetson from the 1960s television cartoon show "The Jetsons." (Rosey the Robot, for example, is still a ways off for the average home owner.) These days, though, anyone considering a home improvement project that involves renovations and upgrades should consider smart-home systems, available to add convenience, bolster security and increase energy efficiency.

"There's an avalanche of technology innovation aimed at our homes," says David Siroty, vice president for North American Communications for Coldwell Banker Real Estate. "And there is an explosion of do-it-yourself products on the market, bringing smart homes into reach of nearly everyone."

### 'Wow factor' vs. reality

Besides many highly practical reasons to upgrade to smart home systems, there's a "wow factor" to some of the devices (those things that cause visitors or potential buyers to whisper "wow" when they step into the home). A device currently on the market, for example, allows a homeowner to use a smartphone from afar to access a camera inside the refrigerator to check the contents. Now is a feature like this something everyone needs? Probably not, but it could be handy for answering the inevitable question "do we need milk?" if you're at the store and miles away from home.

It's still a relatively new market, but the trend toward acceptance of and demand for smart-home features is accelerating, says Trevor Lambert, senior director of Brand Management for Vivint Smart Home, a smart-home services provider headquartered in Utah.

"Many people think it's complicated, but any home can be upgraded," Lambert says. "Any home can incorporate smart-home technology to some level. The reality is a smart home doesn't need to be a certain age."

Access to the internet is key, and in many rural areas, that access will determine how quickly smart homes develop, said Brian Sloboda, a senior program manager for the National Rural Electric Cooperative Association.

*An ecobee3 thermostat is one option for homeowners looking for a "smart," energy efficient upgrade.*

"It's kind of chicken and egg," he explains. "People in rural areas aren't going to get smart-home technology without access to reliable broadband internet. But broadband internet service providers won't go to rural areas without the assurance of customers."

North Carolina's electric cooperatives often serve communities facing this challenge, and are working with legislators and other stakeholders to work toward solutions (see "Representing the Grassroots," March 2017, page 4).

## Mainstream technology

The market demand for smart-home products is there and growing, according to a 2015 survey by Coldwell Banker and CNET. More than one in four Americans own smart-home devices, and 87 percent of those surveyed say technology makes their lives easier. More than half of those with smart-home products say the technology saves time (an average of 30 minutes a day) and 45 percent say on average their smart-home technology saves them more than $1,100 a year.

Siroty compares the expansion of smart-home technology to the growth in popularity of granite countertops. Granite countertops began as a luxury item, became a more traditional feature of homes and has become something that simply is expected to be part of a home, he explains. Smart-home technology is moving through that same process, from luxury to expected feature.

The world of home improvements is replete with stories of do-it-yourself successes and failures. "Smart" home improvements are no different. If you're really handy and comfortable with technology, you can probably do a lot of things on your own.

"If you don't feel that handy or have a lot of confidence, there's a lot of value in having someone come in and do the job," Lambert says. With a specialist, the homeowner knows the job is done and has access to troubleshooting help if needed.

Federal Trade Commission attorney Carl Settlemyer notes that smart technology is rapidly evolving, "promising even greater convenience, security and comfort in the future."

But the rapid growth puts a burden on consumers to understand how various devices work and what support the manufacturers will provide after purchase, he stresses. Consumers should ask questions when they shop for smart devices. Among those Settlemyer recommends:

- Find out if the product will work with connected devices you already have and with other companies' devices.
- Ask how you'll get security and other product updates.

Vivint Smart Homes

*A smart doorbell system can be a part of a smart-home improvement project.*

- Take time during your initial set-up to familiarize yourself with any dashboards and widgets that you'll use to control the device remotely.
- Don't just accept out-of-the-box default settings. Turn on secure features and reevaluate only after you're familiar with the device (ecobee3 smart thermostats, for example, can be programmed specific to HVAC equipment and North Carolina's climate with recommendations from North Carolina's Electric Cooperatives and Raleigh-based Advanced Energy).
- Consider if you'll be able to keep using the device if the manufacturer stops providing updates and other support.

## What's right for you

With those cautions in mind, what are the go-to devices or systems for a smart-home improvement project? To be smart about selecting "smart" features, take some time to consider your own needs and applications, Sloboda recommends. On his list for homeowners interested in dipping a toe into the smart-home pool:

1. An internet-controlled thermostat, such as the ecobee3, Nest or Honeywell Lyric. "It's going to save you energy. It's going to save you money. It's going to make you more comfortable."
2. A security camera system. "You can set alerts for when someone comes near the front door or near the barn. This is a peace of mind issue."
3. Smart crockpot. "This is where you're going to think I'm getting way out there — to communicate over the internet with the crock pot. But you can take it from high to low, or from low to warm when it's time, or if you get held up getting home."
4. Electrical outlets. "Yes, they're simply electrical outlets, but they can be controlled through the internet." Think of it as a security measure if it gets dark before you come home, or if you're out of town and want to switch on a lamp.

"The question to ask is: 'Would I actually use this?' It can be easy to get all caught up in the hype," Sloboda cautions.

Whatever the level of home improvement project contemplated, looking into smart-home applications is making more sense every day, according to Siroty.

"It's real. The technology is available," he says. "Now it's largely a matter of how fast the consumer becomes aware of it. We're in the story-telling phase."

*Terry Woster is a South Dakota-based journalist who covered state legislative issues for 40 years. He writes for electric cooperatives nationwide.*

### Where to start?

If you're not sure what to make of smart technology options available for your home, contact your local electric cooperative to talk through what makes the most sense. Energy efficient features can give some upgrades more bang-for-the-buck than others.

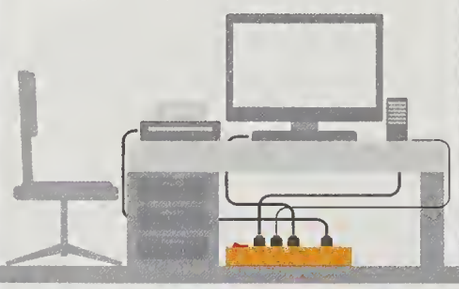
# A Full House of Energy Savings

## Attic

In many homes, attic insulation is one of the easiest, least expensive and most effective ways to reduce your energy use. Check with your local electric cooperative to find out how much insulation is right for your climate.

## Den/Office

Plug all electronic gadgets such as phone and laptop chargers, printers, gaming consoles and BluRay players into a power strip with an on/off switch. When not in use, turn the power strip off to eliminate all those energy vampires.



## Bedroom

Ceiling fans can help save energy all year long! In the summer, fans should rotate counter-clockwise to push air down creating a cooling flow. In the winter, fans should rotate clockwise to help draw cool air up toward the ceiling and push the warm air that naturally rises down to you and your family.

## Bathroom

Water heating can account for up to 20 percent of a home's energy use. Trim that by improving heating efficiency, standby loss and how much hot water you use. Contact your electric co-op for tips on how.

## Living Room

Smart thermostats learn how you and your family live, and automatically adjust the temperature settings based on your lifestyle to keep you comfortable while saving you money.

## Kitchen

Make sure your burner isn't bigger than the pan, and use flat-bottomed pans to maximize surface contact with the burner. Don't preheat the oven until you're ready to use it. Minimize the number of times you open and close the refrigerator or oven door.

For more energy saving tips, visit **carolinacountry.com/your-energy** or talk to the trusted energy advisors at your local electric cooperative.

# RATED THE **NATION'S BEST** GUTTER PROTECTION

OVER **30 MILLION FEET** INSTALLED, **ZERO** CLOGGED GUTTERS

LeafFilter™ GUTTER PROTECTION

- Installs on new or existing gutters.
- Doesn't disturb your roof or shingles.
- Stainless steel micro-filter keeps out ***ALL*** debris.
- No holes, no gaps, no openings= zero clogged gutters.
- Lifetime, money back warranty!!!* *See actual warranty for complete details.
- 0% financing available.

**FREE ESTIMATES**

**1-800-290-6106**

**www.LeafFilter.com**

Promo Number: 73

BBB NARI MADE IN THE USA

SENIOR & MILITARY DISCOUNTS AVAILABLE

**$250 OFF**
FULL HOME INSTALLATION
Must present at time of estimate.
Not valid with any other offers. 100 ft minimum.
EXPIRES MAY 31, 2017

**$100 OFF**
ANY SIZE INSTALLATION
Must present at time of estimate.
Not valid with any other offers.
EXPIRES MAY 31, 2017

# Get 3 Civil War Coins

## *Act Now – Only $7.95*

Own three uncirculated U.S. Half-Dollars enhanced by Mystic to commemorate the 150th anniversary of the Civil War. Just $7.95 – you save over $20 and get FREE shipping and guaranteed delivery.

**Available Only from Mystic**

These neat history coins feature original works of art showing two landmark Civil War battles and one of America's greatest presidents. Together, the three Mystic-exclusive coins are the perfect way to recall the "War Between the States."

**Strict Limit of One Set**

Now you can own three coins commemorating this historic anniversary – a $29.97 value – for just $7.95. Send today and you'll also receive collector's information and other interesting coins on approval. Firm limit of one set of three Civil War coins.

**150th Anniversary Civil War Coins**

☑ **Yes!** Send me three Civil War coin. Enclosed is $7.95
Satisfaction guaranteed. Limit one set. *NY State residents add sales tax.*
**Quick order at MysticAd.com/EZ101**

Name _____

Address _____

City/State/ Zip _____

❑ **Check or money order** ❑ **Visa** ❑ **MasterCard**

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ Exp. Date ___/___

**Send to: Mystic Stamp Company**
**Dept. EZ101, 9700 Mill St., Camden, NY 13316-9111**

# Building Outside-the-Box

By Gordon Byrd

A house is being built in Robeson County that epitomizes the Carolina spirit of hard-work, innovation, frugality and family.

David and Michelle McCallum, members of Lumbee River EMC, are building a home to accommodate their growing family, his mother, and the privilege to practice greater hospitality. They were given the opportunity to build in close proximity to his church and in-laws. Although they knew nothing about building a house, David and Michelle were able to design their plans with the help of family and church members who are experienced builders.

Their first effort to save money was to design their main floor around a secondhand kitchen they bought before breaking ground. The next step was to optimize the use of the house design's footprint with a basement.

"Robeson County is known for its high water table," David explains. "But where I come from, everyone has a basement. We thought, since we are building on a slope, a walk-out basement just might work."

Excavation began in April of 2013. An expected completion date is sometime in fall 2017.

"It seems like just yesterday we had our groundbreaking celebration. Looking back at the photos, our kids seemed so young," David says.

Work was undertaken on Saturdays with a crew of volunteers. Inexpensive supplies were found on Craigslist.org or by word-of-mouth. Cement blocks were purchased at a bargain price from a former supply yard, and lumber from overestimated DIY projects was bought at terrific rates. David looked for every way to avoid debt, and doors were opened for provisions in ways he could not have asked or imagined.

Most of the tools—and all of the help—came from his church family. Fellowship and food abound on the jobsite, and no one who wants to serve is turned away.

Before the insulation and drywall could be put up, Hurricane Matthew came. Tradesmen were swamped with too much work and too little time for David's small project. That's when David, his friends and children noticed an interesting phenomenon that piqued their interest: The temperature differences from one floor to the next was inconspicuous in the morning, when work began, but as the day wore on, the third floor heated quickly and the basement stayed about the same.

Before his insulation could go in, David and company conducted a research project to aid in the concentration and impact of insulation on the house. They decided to take temperature readings in four locations. They placed thermometers on each floor. Then, they placed a thermometer outside in a shady spot of the house to compare the temperature outside with the temperature inside.

David's two oldest children, with some help from their cousins, checked the thermometers three times daily: At sunrise, noontime and sunset. This would give them a picture of the change in temperature throughout the day.

*David with his sons at their new homesite.*

The results of the study showed David he could save money by using a smaller HVAC tonnage in his basement due to the insulating effect of the buried walls.

David and Michelle homeschool their children, so this science project was not only research for the homebuilder, but also for his children's education.

"We are excited that building this house teaches our children," David says. "Not only about science, but also about faith, community, hard work and much, much more."

*Gordon Byrd is a veteran who works for UNC Pembroke. He tries to keep things interesting with a little home-building, some writing, triathlons and a lot of time with his family and church.*

# The Appeal of Garage Doors

## Consider your home's style when upgrading

Timeless woodgrain carriage house styles. Contemporary accents. Statement-making designs. There are lots of beautiful garage doors to choose from in today's market, and a new one can enhance a home's curb appeal.

It makes sense: The garage door is a focal point of many home exteriors. According to the 2016 Cost Versus Value Study by Remodeling magazine, a garage door replacement offers the third-highest return on investment for a homeowner of a mid-range priced home in the South Atlantic region. At a projected 97.2 percent cost recouped, a new garage door almost pays for itself when selling a house. Before selecting a garage door, stand at the street and look at your home overall. Now, think about its style, colors and textures. Consider what kind of door—smooth or woodgrain—and what color would best complement your home's overall exterior.

There are other options to decide on as well. To help you see possibilities, Asheboro Garage Door, which serves the Triad area and its surrounding counties, is among North Carolina companies that offer visualization tools through their websites. These tools let you see what different styles of doors would look like on your home.

To try out a tool, visit asheborogaragedoor.com and click on the "Imagine" door. Then, upload a photo of your home showing your garage door. From there, you can click on options such as style, hardware and stains and see the results. (If you don't have a photo showing your home, just search online for a photo of a house with a similar style and download it before using the visualizer tool.)

"The garage door should be an extension of the home's style and personality," says Jeffrey Nofziger, president of Haas Door (haasdoor.com) in Wauseon, Ohio. He suggests the following tips for choosing a garage door.

### Stand out or blend?

Decide if you want your garage to be a standout focal point or to blend in with your home's style. There's no wrong answer. A door in a painted bronze color can stand out beautifully against stone veneer. But you might want your porch or front door to be the main focal point instead.

### Light or no light?

Do you want a solid garage door or one with windows to allow light in? If you want windows, look at the style of windows on the front side of your home (including the grids) and look for a garage door with similar styles. For example, if your home has lots of small window panes, then look for garage door windows with grids that replicate that look.

### Look into the future

A garage door selection is one that should last many years. Choose a low-maintenance door that has a strong warranty and minimal upkeep.

*—Home Improvement Time*

# Help Your Picky Eater Thrive

## Forget persuasion—try these tricks instead

For parents with a picky eater, it may seem that no amount of coaxing or prodding will get that little mouth in healthy motion. A fresh approach may be all you need to make mealtime a more enjoyable experience for all.

Proper nourishment is essential for a child's development, so when a battle of wills erupts over food, it can leave parents feeling frustrated and concerned about their child's well-being. Fortunately, there are several strategies you can adapt to get mealtime on track and healthy eating habits under way.

### Make a one-bite rule.

A simple fact is that not everyone likes everything when it comes to food. Allow your child a sense of control in making decisions about the foods he or she likes or dislikes. When offering new items, implement a rule that requires trying at least one bite. Then, if he or she declines more, set it aside and focus on the other foods you are offering. Remember, tastes change over time—even day to day for some kids—so don't be afraid to try again in the future.

### Offer an incentive.

Make mealtime an interactive experience. For example, Dinner Winner (fredandfriends.com) is a kid's dinner tray divided into small sections like a board game. Parents can portion out food into manageable bites along the path. The goal is to get to the finish line where a special covered treat awaits. For more ideas, search "interactive tableware for kids" online.

### Keep it simple.

Some well-intentioned parents offer too many choices, which can be overwhelming. Instead, limit the options and let them pick from two meal options, such as a grilled cheese or peanut butter and jelly sandwich.

### Approach meals like building blocks.

Think of each meal as a tower of blocks you're teaching your child to stack. The bottom piece, the sturdy foundation, is a familiar food he or she willingly accepts like chicken or noodles. Then layer on additional pieces, such as adding a sauce with pureed veggies or a new protein.

### Create a sense of ownership.

Kids are more likely to eat when they can take pride in the fruits of their labor. Enlist their help picking recipes and selecting foods at the grocery store, and encourage them to help make the foods they selected. Much like prized hand-made artwork, children enjoy showing and sharing the things they make all by themselves.

*—FamilyFeatures.com*

### More tips

Nutritionnc.com, the North Carolina Nutrition Services' website, includes advice for parents who have picky eaters at bit.ly/PickyEater-tips.

# Electrical Safety Activity

**Can you find all of the electrical hazards shown here? Mark each with an "X" and then check your finds against the answer key.**

## Answer Key

- Do not overload electrical outlets. Overloaded outlets are a fire hazard!
- Keep liquids and drinks away from all electronics, like TVs, computers and gaming consoles. If the liquids spill, they could cause shock or fire!
- Never place items like clothing or toys on top of a lamp! Leaving flammable items near lightbulbs creates a fire hazard.
- Never leave electrical cords in an area where people walk! The exposed cord creates a tripping hazard.

NC Electric Cooperatives
Your Touchstone Energy® Cooperatives

# Unique, Memorable Gifts

## Make her eyes light up (for real) this Mother's Day

On Sunday, May 14, mothers across North Carolina will be celebrated, treated, pampered and given presents. Most will either genuinely like their gifts or will feign happiness for their children's sake. So, how do you ensure your mother isn't the latter on her special day? Often the solution is to choose a unique gift tailored to her interests and hobbies. Here are some ideas for budget friendly, memorable gifts.

**Subscription clubs:** From coffee, tea and wine to books, fashion and makeup, select a club she'll like and she will enjoy monthly shipments. It's truly the gift that keeps on giving. Note: First shipments can arrive the following month, depending on when you order. Check shipping details.

**Restored pictures:** Before smartphone images, printed photographs were cherished keepsakes. For a meaningful gift, find an old photo of her and have it restored. Finish out the gift by putting it in a beautiful frame.

**Classes:** Have you heard for years how she would like to learn to play tennis or spin pottery? Give her an ongoing course or weekend workshop. Find a few locally you think she'll like, then present her with the information and a pretty certificate that says you will pay for the class of her choosing.

**Themes:** Sometimes it helps to think in terms of themes. Does your mother love the water? How about giving her a new towel in her favorite color coupled with flip flops for the beach or pool? Or, perhaps she'd like a tabletop aquarium if it is low-maintenance. For example, the biOrb HALO 15 (biorb.com) is designed as a globe and comes with 16 LED color lighting options. Its bubbling filtration system maintains a clean PH environment for fish. Help her select plants and rocks at a pet store, and definitely let her choose whether or not she wants to add fish.

**Donations:** Consider making a charitable donation to her special cause in her name. Does she adore animals? Donate to a nearby animal shelter or to a certain exhibit at a zoo.

*A tabletop aquarium can be a low-maintenance, customizable gift.*

**Memberships:** A membership can be a useful gift that's much appreciated. For example, an automotive assistance membership can allay traveling concerns. Or maybe she would enjoy a membership to the local museum or a garden for year-round visits.

**Custom experiences:** Whether it's a gift certificate to a favorite local restaurant or theatre tickets, an experience will stand out. Slip the certificate or tickets in with her Mother's Day card and watch her eyes light up upon opening it.

**Cultural gifts:** Is your mom interested in a particular culture? Create a gift basket around it. Gather special spices to make an authentic recipe or find a book about the culture's history. Traditional clothing, culture-specific art and imported candy can all help you create a wonderful present.

**Your time and talents:** If your mother seems to have everything, offer to cook, babysit, do laundry or assist with gardening chores.

*—Brandpoint*

# Tired of struggling on the stairs?

*Introducing the*
Affordable
Easy Climber® Elevator

**Home Improvement that actually improves your LIFE!**

SAFE
- Equipped with weight, balance and obstruction sensors
- Works even in a power outage

VERSATILE
- Can be placed almost anywhere in your home
- Quick professional installation

CONVENIENT
- Footprint is slightly larger than a washing machine
- Compact and Quiet

*Can be placed virtually anywhere in your home.*

**Imagine the possibilities**
- No more climbing up stairs
- No more falling down stairs
- Plenty of room for groceries or laundry
- Perfect for people with older pets
- Ideal for Ranch houses with basements

## Revolutionary elevator can give you– and your home's value– a lift

Elevators have been around since the mid 19th century, and you can find them in almost every multi-story structure around… except homes. That's because installing an elevator in a home has always been a complicated and expensive home renovation project… until now.

Innovative designers have created a home elevator that can be easily installed almost anywhere in your home by our professional team without an expensive shaft-way. Its small "footprint" and self-contained lift mechanism adds convenience and value to your home and quality to your life. It's called the Easy Climber® Elevator. Call us now and we can tell you just how simple it is to own.

For many people, particularly seniors, climbing stairs can be a struggle and a health threat. Some have installed motorized stair lifts, but they block access to the stairs and are hardly an enhancement to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet… falling.

Why spend another day without this remarkable convenience. Knowledgeable product experts are standing by to answer any questions you may have. Call Now!

*"We are tickled about our new elevator. This is the first time I've seen the second floor of my home! It's like an early Christmas present."*

*Stan W. US war veteran and retired professor*

Easy Climber® ELEVATOR

**Call now to find out how you can get your own Easy Climber Elevator.**

*Please mention promotional code 105795.*

For fastest service, call toll-free. **1-888-324-8731**

*Residential installations only. Not available in all areas. Call to see if you qualify.*

© 2017 Aging in the Home Remodelers Inc.

82821

# I Remember

Memories and photos from our readers

## Daddy's Fan

I turned nine in 1957. That was the year my great-aunt Fanny asked my father to farm her land. As part of their agreement, my aunt offered to share her six-room house with my family. The house was built in the early 1900s before the invention of air conditioners. The rooms were large and airy with screened windows and doors, and high ceilings. A long hallway separated my aunt's rooms on the right from our tract-style rooms on the left. With all the windows and doors open, we took advantage of every breeze.

To increase the speed of the air moving through our house, my father, always good with his hands, built a box fan using a washing machine motor, a belt and the fan blades from an old truck. He framed it in wood, and placed it in the kitchen window. Boy, could that fan cool. Even with the heat from a kerosene cook stove in the kitchen, the house stayed cool.

We didn't worry about anyone breaking in. We had nothing worth stealing. Our biggest fear was mosquitoes. The screen kept out the largest, but the tiniest squeezed through. We slept under a sheet. If it was really hot, I would leave my feet out. When that happened, my heels would suffer attack. The next morning, they would itch like crazy.

*Betty Murphrey, La Grange, a member of Pitt & Greene EMC*

## Sopping the Boiler

I grew up on a farm in Alexander County with my 10 brothers and sisters where we raised sugar cane in the fall. Molasses making was an all-day event. Once the cane was cut off and brought to the mill, the horse pulled a boom around the grinding mill. The green juice flowed freely down the collection chutes into a wash tub.

Boiling the juice to molasses in the boiler lasted about eight hours. As the hours of boiling progressed, more and more residents of the community arrived. The men sat around the boiler, discussed world events, and moved from place to place as the sweet, sticky steam rose from the boiler and drifted with the prevailing breeze. My siblings and I waited impatiently for the time to sop the boiler. Adventurous young males would impress the young ladies by heating the ends of small cane stalks in the furnace and then popping them on a flat piece of wood, thus creating a loud sound and many colorful sparks from the heated cane. This was the country version of fireworks.

Once the boiler was moved from the fire, the sweet mixture was funneled into mason jars. Everyone was then invited to sop the boiler with cane stalks cut at an angle. The final quality test of the molasses was how well they foamed when mixed with bacon drippings on a cold winter morning in preparation for spreading on biscuits prepared on the wood-burning cook stove. We didn't have a lot of material things, but we had a lot of love in our family.

*Casino B. Bentley, Taylorsville, a member of EnergyUnited*

**Send Us Your Memories** We love sharing photos and memories dear to our readers. Submit your photo, plus roughly 200 words that describe it, online or by mail with a self-addressed, stamped envelope if you want it returned (only one entry per household, per month). Include your name, mailing address, phone number or email address, and the name of your electric co-op. We retain reprint rights, and we'll pay $50 for those we publish. **Online:** carolinacountry.com/contact **U.S. Mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

# ULTIMATE Diabetic Socks

**SAVE 50%** off catalog price

Only $9.99 set of 3

sold only as set of 3 same color, same size

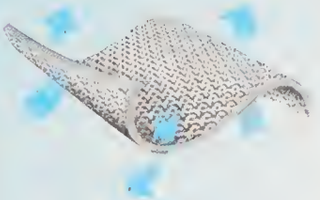
**FREE Shipping & Handling** when buying any 2 sets of 3

*Burning Sensation?*
*Loss Of Feeling?*
*Numbness?*
*Tingling?*

**RECOMMENDED FOR**
Diabetics, Neuropathy, Edema, Poor Circulation, Cold & Sensitive Feet

Non Binding Top Helps Prevent Pressure On Sensitive Legs & Feet

Breathable
*Ultra Soft*
Ring-Spun Cotton Blend



**COOL • DURABLE • COMFORTABLE**

If you suffer from Diabetes or have any other foot or circulation problems, these socks are just for you. Non-binding top is specially designed to reduce pressure on sensitive legs and feet. Smooth toe seam protects delicate skin from irritating rubbing or dangerous blistering. Imported in cloud-soft, ring-spun cotton rich blend to allow circulation of air, providing extra "breathing" power for increased energy to your legs for 24 hour comfort and support.

Set Of 3 (same size and color)

- 24 Hour Comfort & Support
- Great For Men & Women
- Unique Knit Keeps Feet Cool & Dry

Dept. 74788 © 2017 Dream Products, Inc. (Price valid for 1 yr.)

1-800-530-2689
Order Now Toll-Free

Connect With
DreamProducts.com
website offers may vary

email blog facebook pinterest google+

Receive A Free Surprise Gift with every order

Satisfaction Guaranteed or Return For Your Money Back

| #566 | Indicate Color & Size Below | |
|---|---|---|
| Color | Size 9-11 | Size 10-13 |
| S/3 White | | |
| S/3 Khaki | | |
| S/3 Black | | |

| | |
|---|---|
| ____S/3 Ultimate Diabetic Socks @ $9.99 | $ |
| **CA residents must add 7.25% sales tax** | $ |
| Regular Shipping & Handling Add $3.95 1st set<br>FREE Shipping & Handling when buying 2 sets or more | $ |
| ☐ **FOR EXPEDITED SHIPPING** *(optional)*<br>**Add An Additional $2.95**<br>(receive your order 5-7 days from shipment) | $ 2.95 |
| Please Print Clearly — **TOTAL** | $ |

Check or money order **payable** to: **Dream Products, Inc.**
**Send Order To: 412 Dream Lane, Van Nuys, CA 91496**

❑ VISA ❑ MasterCard ❑ Discover®/NOVUS℠Cards

Card# Exp. Date ___/___

Name _____

Address _____

City _____ ST____ Zip _____

Daytime Phone # _____

**Dept. 74788** Email _____

# HARBOR FREIGHT
QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

## SUPER COUPON
**10" PNEUMATIC TIRE**
ITEM 69385/62388/62409
62698/30900 shown
SAVE 73%
Not for highway use.
Customer Rating
SUPER COUPON $3.99
$5.99
Compare $14.99
57304490
LIMIT 7 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## SUPER COUPON
**TWO TIER COLLAPSIBLE EASY-STORE STEP LADDER**
Customer Rating
ITEM 67514
SAVE 50%
SUPER COUPON $19.99
• 225 lb. capacity
$29.99
Compare $39.99
57249055
LIMIT 7 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## PITTSBURGH AUTOMOTIVE SUPER COUPON
SAVE 36%
**12 VOLT, 150 PSI PORTABLE INFLATOR**
ITEM 61740/63109
4077/63152 shown
SUPER COUPON $6.99
$8.99
Compare $10.99
57289986
LIMIT 6 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## SUPER COUPON
# 20% OFF
ANY SINGLE ITEM
Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, saw mills, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Bauer, CoverPro, Daytona, Earthquake, Hercules, Jupiter, Lynxx, Poulan, Predator, StormCat, Tailgator, Viking, Vulcan. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 8/30/17.
57257812

## PITTSBURGH AUTOMOTIVE SUPER COUPON
**HIGH LIFT RIDING LAWN MOWER / ATV LIFT**
ITEM 61523 shown
60395/62325/62493
• 300 lb. capacity
SAVE $100
SUPER COUPON $79.99
$99.99
Customer Rating
Compare $179.99
57317442
LIMIT 5 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## CENTRALPNEUMATIC SUPER COUPON
**2.5 HP, 21 GALLON 125 PSI VERTICAL OIL-LUBE AIR COMPRESSOR**
ITEM 69091/61454
61693/62803
67847 shown
SAVE $296
Customer Rating
SUPER COUPON $149.99
$179.99
Compare $446.61
57317830
LIMIT 4 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## PITTSBURGH AUTOMOTIVE #1 SELLING JACKS IN AMERICA SUPER COUPON
**RAPID PUMP® 1.5 TON ALUMINUM RACING JACK**
ITEM 68053/62160
62496/62516/60569 shown
SAVE $70
Customer Rating
• 3-1/2 Pumps Lifts Most Vehicles
• Weighs 34 lbs.
SUPER COUPON $59.99
$79.99
Compare $129.99
57292289
LIMIT 5 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## PITTSBURGH SUPER COUPON
SAVE 59%
**9 PIECE FULLY POLISHED COMBINATION WRENCH SETS**
Customer Rating
SAE
ITEM 69043/63282/42304 shown
METRIC
ITEM 42305/69044/63171
YOUR CHOICE $5.99
$6.99
Compare $14.97
57256942
LIMIT 9 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## SUPER COUPON
**7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP**
ITEM 69249/69115
69137/69129
69121/877 shown
Customer Rating
SAVE 64%
SUPER COUPON $2.99
$4.34
Compare $8.48
57256046
LIMIT 9 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## drill master SUPER COUPON
ITEM 69651
62868/62873
68239 shown
**18 VOLT CORDLESS 3/8" DRILL/DRIVER WITH KEYLESS CHUCK**
SAVE 65%
Customer Rating
Includes one 18V NiCd battery and charger.
SUPER COUPON $16.99
$19.99
Compare $49
57290425
LIMIT 7 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## Haul-Master SUPER COUPON
**3-POINT QUICK HITCH**
ITEM 97214
Customer Rating
• 2000 lb. capacity
• 27-3/16" clearance
SUPER COUPON $89.99
SAVE $80
$99.99
Compare $169.99
57290052
LIMIT 4 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## CENTECH SUPER COUPON
**12 VOLT, 10/2/50 AMP BATTERY CHARGER/ ENGINE STARTER**
Customer Rating
SAVE 57%
SUPER COUPON $29.99
ITEM 60581/60653 shown
$49.99
Compare $69.99
57267825
LIMIT 3 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## Grant's SUPER COUPON
NEW
**MECHANIC'S CHOICE SHOP TOWELS PACK OF 50**
SUPER COUPON $9.99
SAVE 44%
Customer Rating
$12.99
ITEM 63365/63360 shown
Compare $17.98
57280879
LIMIT 9 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## CENTRALPNEUMATIC SUPER COUPON
SAVE $138
**3/8" x 50 FT. RETRACTABLE AIR HOSE REEL**
ITEM 93897 shown
69265/62344
SUPER COUPON $59.99
Customer Rating
$79.99
Compare $198.45
57261442
LIMIT 4 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## GREENWOOD SUPER COUPON
**1-1/4 GALLON HOME AND GARDEN SPRAYER**
ITEM 61280/63124
63145/95692 shown
SUPER COUPON $8.99
Customer Rating
SAVE 39%
$12.99
Compare $14.97
57271762
LIMIT 7 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17

## PREDATOR — AMERICA'S BEST GENERATOR

SUPER COUPON

**8750 PEAK/ 7000 RUNNING WATTS 13 HP GAS GENERATORS**

Customer Rating ★★★★½

SAVE $469

ITEM 68530/63086/69671/63085 shown
ITEM 68525/63087/63088 CALIFORNIA ONLY

Wheel kit and battery sold separately.

- Best Buy Winner 3 years in a row
- 8-13 hrs. run-time
- 420 CC engine
- 76 db Super Quiet
- Electric start

SUPER COUPON $529.99

~~$599.99~~ Compare $999

57367772

LIMIT 4 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## SUPER COUPON

**FREE**

WITH ANY PURCHASE

CEN-TECH.

**7 FUNCTION DIGITAL MULTIMETER**

ITEM 98025/69096/63758/63759 63604/90899 shown

$16.45 VALUE

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 8/30/17. Limit one FREE GIFT coupon per customer per day

57367230

## U.S. GENERAL

SUPER COUPON

SAVE $269

**26", 4 DRAWER TOOL CART**

ITEM 95659 shown 61634/61952

- 580 lb. capacity

Customer Rating ★★★★½

SUPER COUPON $99.99

~~$149.99~~ Compare $369.32

57410031

LIMIT 5 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## Haul Master

SUPER COUPON

SAVE 80%

**4 PIECE 1" x 15 FT. RATCHETING TIE DOWNS**

ITEM 63056/63057/63094 63150/61524/60405 62322/90984 shown

SUPER COUPON $6.99

Customer Rating ★★★★½

~~$11.99~~ Compare $34.95

57350561

LIMIT 8 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## CHICAGO ELECTRIC POWER TOOLS

SUPER COUPON

**12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW**

Customer Rating ★★★★

ITEM 69684 shown 61969/61970

- With laser guide

SUPER COUPON $134.99

~~$199.99~~ Compare $339

SAVE $204

Blade sold separately.

57330816

LIMIT 5 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

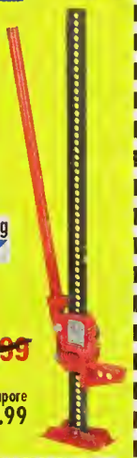
## PITTSBURGH AUTOMOTIVE

SUPER COUPON

**42" OFF-ROAD/ FARM JACK**

ITEM 60668/6530 shown

- 3-1/2 ton capacity



SAVE 33%

Customer Rating ★★★★½

SUPER COUPON $39.99

~~$59.99~~ Compare $59.99

57360678

LIMIT 5 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## COVERPRO

SUPER COUPON

**10 FT. x 20 FT. PORTABLE CAR CANOPY**

ITEM 63054/69034/62858 shown

SUPER COUPON $99.99

Customer Rating ★★★★

SAVE $106

~~$129.99~~ Compare $205.99

57334822

LIMIT 5 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## PITTSBURGH

SUPER COUPON

**16 OZ. HAMMERS WITH FIBERGLASS HANDLE**

CLAW ITEM 69006 60715/60714 | RIP ITEM 47873 shown 69005/61262

Customer Rating ★★★★★

YOUR CHOICE $3.99

SAVE 77%

~~$4.99~~ Compare $17.99

57353530

LIMIT 8 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## SUPER COUPON

SAVE 73%

Customer Rating ★★★★★

**TILTING FLAT PANEL TV MOUNT**

ITEM 62289 61807 shown

- 176 lb. capacity

SUPER COUPON $14.99

~~$24.99~~ Compare $55.82

57358204

LIMIT 7 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## SUPER COUPON

**LED WORKLIGHTS**

Customer Rating ★★★★★

A. 27 LED ITEM 63601/69567 60566/62532/67227 shown

B. 39 LED ITEM 62417/62574 63722/62158 shown

NEW Batteries included.

SAVE 71%

YOUR CHOICE $2.99

~~$3.99~~ Compare $10.64

57326782

LIMIT 8 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## WARRIOR

SUPER COUPON

Customer Rating ★★★★★

**3 PIECE TITANIUM HIGH SPEED STEEL STEP BIT SET**

ITEM 91616 shown 69087/60379

- Drill 28 Hole Sizes

SAVE 85%

SUPER COUPON $8.99

~~$13.99~~ Compare $59.97

57347667

LIMIT 7 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## BADLAND

SUPER COUPON

Voted Best Winches in Quality & Price

**2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL**

ITEM 61258 shown 61840/68146/61297/63476

- Includes keychain remote
- Weighs 14.3 lbs.
- 11-1/4" W x 4-1/8" H

SAVE $70

Customer Rating ★★★★

SUPER COUPON $49.99

Compare $119.99 ~~$69.99~~

57383252

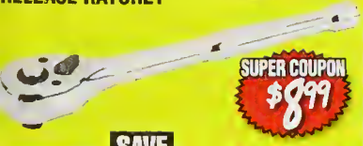
LIMIT 3 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## PITTSBURGH PRO

SUPER COUPON

**3/8" DRIVE QUICK RELEASE RATCHET**

ITEM 62324 62287 shown



SUPER COUPON $8.99

Customer Rating ★★★★½

SAVE 63%

~~$12.99~~ Compare $24.97

57402315

LIMIT 8 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## Haul Master

SUPER COUPON

- 5400 lb. capacity

**3/8" x 14 FT. GRADE 43 TOWING CHAIN**

ITEM 60658 97711 shown

SAVE 87%

SUPER COUPON $19.99

Customer Rating ★★★★★

~~$39.99~~ Compare $60.95

57370761

LIMIT 4 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## HaulMaster

SUPER COUPON

**17 FT. TYPE IA MULTI-TASK LADDER**

ITEM 62656/62514/67646 shown

SAVE $161

- Versatile - 23 Configurations
- Safe + Secure + Stable
- Super Strong - Holds 300 lbs.

Customer Rating ★★★★★

SUPER COUPON $119.99

~~$139.99~~ Compare $281.87

57406878

LIMIT 5 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

## PITTSBURGH

SUPER COUPON

**32 PIECE SCREWDRIVER SET**

ITEM 61259 90764 shown

SAVE 56%

SUPER COUPON $5.99

~~$7.99~~ Compare $13.67

Customer Rating ★★★★

57319392

LIMIT 8 - Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 8/30/17.

**Use Coupons: In-Store, HarborFreight.com or 1-800-423-2567**

At Harbor Freight Tools, the "Compare" price means that the same item or a similar functioning item was advertised for sale at or above the "Compare" price by another retailer in the U.S within the past 180 days. Prices advertised by others may vary by location. No other meaning of "Compare" should be implied. For more information, go to HarborFreight.com or see store associate

# May events

**North Carolina Potato Festival**
May 19–21, Elizabeth City

## Mountains

**Friday Night Jamboree**
May 5, Lake Toxaway
828-966-4060
toxawaycc.com

**Senior Follies**
Singing, comedy
May 5, Franklin
866-273-4615
greatmountainmusic.com

**Recipes Alive!**
Cooking show
May 6, Franklin
866-273-4615
greatmountainmusic.com

**Mayfest Arts & Crafts Festival**
May 6, Rutherfordton
828-287-2071
rutherfordtown.com

**NC Butterfly Festival**
May 6, Hudson
828-728-8272
ncbutterflyfest.com

**Haywood Community Chorus Spring Concert**
May 7, Waynesville
828-557-9187
laura467schnabel@gmail.com

**Tourism Day**
May 12, Mars Hill
828-689-4257
vsealock@nccommerce.com

**Working Writers Workshop Series**
Poet & Author Darnell Arnoult
May 13, Sparta
336-372-5573
workshops@2REDSagency.com

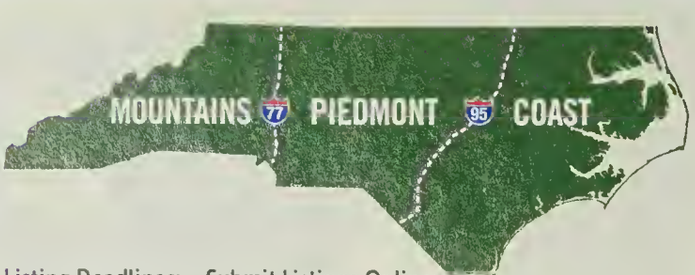
**Plein Air Paint Out**
Artists depict rural community
May 13, Burnsville
828-682-7215
toeriverarts.org

**Art in the Park**
May 20, Blowing Rock
828-295-7851
blowingrock.com

**The Funniest Man in America**
James Gregory performs
May 26, Franklin
828-349-5999
greatmountainmusic.com

**David Holt & the Lightning Bolts**
May 27, Blowing Rock
877-898-3874
tweetsie.com

**carolinacountry.com/calendar**
See more events online with photos, descriptions, maps and directions.




**Listing Deadlines:**
For July: May 25
For Aug.: June 25

**Submit Listings Online:**
carolinacountry.com/calendar
(No email or U.S. Mail.)

**Garden Jubilee**
Plant, craft vendors
May 27 & 28, Hendersonville
800-828-4244
visithendersonvillenc.com

**Arts & Crafts Festival**
May 27–29, Lake Lure
828-625-4683
lakelureartsandcraftsfestivals.com

## Piedmont

**Jack Hanna's "Into the Wild Live!"**
Funny stories, animals
May 5, Fayetteville
910-438-4100
crowncomplexnc.com

**Dulcimer Festival**
May 6, Winston-Salem
336-775-7826
winstonsalemdulcimerfestival.com

**World War II Reenactment**
May 6 & 7, Huntersville
704-875-2312
lattaplantation.org

**Music, Dance 'n Que Fest**
May 6, Pineville
704-889-7145
jameskpolk.net

**Doyle Lawson & Quicksilver Bluegrass Festival**
May 11–13, Denton
336-859-2755
dentonfarmpark.com

**Buggy Festival Car & Truck Show**
May 13, Carthage
910-639-1494
sandhillsclassicstreetrods.com

**Gold Rush Days Art & Crafts Festival**
May 13, Gold Hill
423-967-4716
goldhillnc.com

**Mad Hatter Tea & Garden/Art Tour**
May 13, Wake Forest
919-210-3487
wfgardenclub.org/events

**NC Quilt Symposium**
May 18–21, Raleigh
919-563-6518
durhamorangequilters.org

**Cruise In**
Music, door prizes
May 19, Aberdeen
910-639-1494
sandhillsclassicstreetrods.com

**The Trumpets Shall Sound**
Cumberland Oratorio Singers
May 19, Fayetteville
910-630-7153

**Show-Off Car, Truck & Motorcycle Show**
American Children's Home benefit
May 20, Lexington
336-357-7216
ach-nc.org/id5.html

**Family Fun Day**
May 20, Charlotte
704-568-1774
charlottemuseum.org

**Arts Council Spring Gala**
Food, music, cars & auction
May 20, Franklinton
919-497-6910
fcacarts.org

**Blues & Brews Festival**
May 20, Durham
919-724-2633
durhambluesandbrewsfestival.com

**Pots and Paint**
Meet potters, artists
May 20, Seagrove
336-879-4145
thomaspottery.com

**Karz for Kidz**
Car & truck show
May 20, Fayetteville
910-728-5372
giarette@yahoo.com

**Paw Patrol Live!**
Musical adventure
May 23, Fayetteville
910-438-4100
crowncomplexnc.com

**Lil John's Mountain Music Festival**
May 25–27, Snow Camp
336-376-8324
littlejohnsmountainmusic.com

There are more than 250 farmers markets in North Carolina. For one near you, visit bit.ly/NCfarmmarkets

**Buggy Festival Car & Truck Show**
May 13, Carthage

**A Symphonic Salute**
Tribute to U.S. armed forces
May 28, Fayetteville
910-433-4690
fayettevillesymphony.org

*ONGOING*

**Art & Flowers Exhibition**
Through May 20, Fayetteville
910-323-1776
theartscouncil.com

**Tiny Titans: Dinosaur Eggs & Babies**
Hands-on exhibit
Through Aug. 12, Mt. Airy
336-786-4478
northcarolinamuseum.org

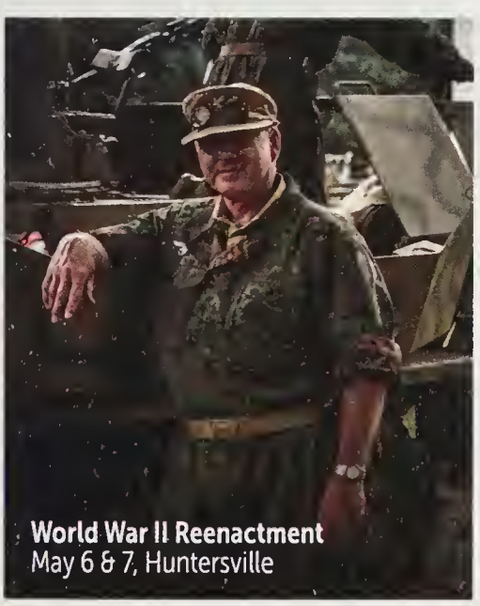
**Caroline, or Change**
Musical set in 1963
May 11–28, Fayetteville
910-323-4234
cfrt.org

**The Diary of Anne Frank**
May 26–June 4, Fayetteville
910-678-7186
gilberttheater.com

## Coast

**Paddle for the Border**
Dismal Swamp
May 6, South Mills
252-771-8333
cityofchesapeake.net

**Music, Dance 'n Que Fest**
May 6, Pineville



**World War II Reenactment**
May 6 & 7, Huntersville

## Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

**African American Music Series**
With Marcus Parker
May 12, Greenville
252-551-6941
pittcountyarts.org

**BBQ Cook-Off**
May 12 & 13, Ocean Isle Beach
910-287-2800
silvercoastwinery.com

**Balsam Range**
Bluegrass band
May 13, Morehead City
252-342-2784
carteretcommunitytheatre.com

**Spring Garden Symposium**
Vendors, talks, lunch
May 13, Tarboro
252-823-5770
bit.ly/2o9r4RD

**Friday Night Flicks**
Blast from the Past
May 19, Oriental
252-571-5883
sedonapd@gmail.com

**Quilt Show**
May 19–20, Morehead City
252-808-7632
crystalcoastquiltersguild.org

**Native Plant Sale**
Shrubs, grasses, perennials
May 19 & 20, Bolivia
910-253-2610
bcmgva.org

**North Carolina Potato Festival**
May 19–21, Elizabeth City
252-338-4104
ncpotatofestival.com

**Bath Fest**
Art, living history
May 20, Bath
252-923-3971
bathfest.com

*ONGOING*

**Firemen's Ball**
BBQ, music, auction
May 27, Ocracoke
252-928-4692
ofpa332@gmail.com

**Vietnam Traveling Memorial Wall**
May 25–30, Morehead City
910-326-6164
Find it on Facebook


OUTDOOR ACCESS

LET YOUR LAND WORK FOR YOU!

Outdoor Access connects outdoor enthusiasts with landowners interested in leasing their property without giving up control or taking on liability. Whether you have 5 acres or 5,000 – we can help you generate the best return on investment for your land.

1. LISTING
With Outdoor Access, you are under no long-term obligation and you set all parameters about when and how your property can be used.

2. SCHEDULING
The entire reservation and payment process is handled by us, for FREE. And all of our members have been thoroughly vetted with a background check.

3. FULFILLMENT
On the day of the rental, you'll receive check-in and check-out notifications. And you are completely covered with our full liability insurance policy.

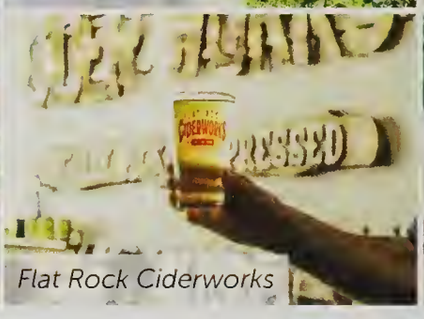
THAT'S IT!
With a little bit of effort you could easily offset your property tax bill, or, with some extra effort, you could turn your land into a serious source of supplemental income.

HOW MUCH COULD YOU MAKE WITH OUTDOOR ACCESS?
CALL 919-230-7970 OR VISIT
OUTDOORACCESS.COM/CAROLINACOUNTRY

Sky Top Orchards

Sky Top Orchards

Downtown Hendersonville


Flat Rock Ciderworks

Hooker Falls

# Low-Key Mountain Charm

## Hendersonville and surrounds pair uptown culture with outdoor adventure

*By Renee C. Gannon | Photos by Sam Dean*

Offering a slower pace than its northern neighbor Asheville, Hendersonville and the surrounding area provide a mixture of small town life, outdoor adventure, uptown culture and locally brewed spirits, as well as that fresh, cool mountain air.

Main Street's focal point is the gold-domed Henderson County Courthouse. Turn left or right to step into art galleries, shops, locally owned restaurants, coffee shops, a mineral museum, and even an ocean center and aquarium. Historic Hendersonville is still alive as well, with Coca-Cola murals adorning brick buildings and the Hendersonville Curb Market, where locals have sold arts and crafts, flowers, produce and even cows and chickens since the 1920s. "Locally made, locally grown" remains the market's motto amongst the multi-generation vendors.

Hendersonville also serves as a good jumping point for adventure throughout the county, from trails and waterfalls, touring local craft breweries and wineries, to learning about turning locally grown apples into hard cider.

### Apples & libations

Henderson County continues to lead the state in apple production (the seventh-largest apple-producing county in the U.S.), and recently became a leader in hard apple cider production. The county's cideries are part of the local Cheers! Trail, which also features two local wineries and five breweries including nationally known Sierra Nevada Brewing, located in Mills River.

Bold Rock Hard Cider, Appalachian Ridge Artisan Ciders and Flat Rock Ciderworks rely on the local apple growers to supply varieties perfect for sweet and refreshing libations.

Many of the 25 apple farms in the county also offer U-Pick orchards. At Sky Top Orchards, 25 varieties are grown on 60 acres of rolling land. Opening day for the orchard is in early August, and owners David and Lindsey Butler offer a place to roam, pick apples, learn how to cook with apples and even enjoy an apple doughnut.

### Back to nature

Mountain scenery is everywhere you turn. Jump Off Rock, a granite rock located in Laurel Park just outside of Hendersonville, features a panoramic view of the Blue Ridge and Pisgah Mountains. On a clear day, the view includes four states: North Carolina, South Carolina, Georgia and Tennessee.

Hikes and waterfalls are found at DuPont State Recreational Forest, located between Hendersonville and Brevard. Best known recently as a filming location for the Hunger Games movies, it offers 80-plus trails, four waterfalls and five lakes within 10,000 acres of forest, as well as access to the Little River and Grassy Creek. The most popular hike provides passage to three waterfalls: Hooker Falls, Triple Falls and High Falls. Other trails lead to well-known Bridal Veil Falls.

Just across the county line in Saluda you'll find The Gorge, which boasts the fastest and steepest zipline canopy tour in the country. The automatic braking tour consists of 11 ziplines, covering 1.25 miles and descending 1,100 vertical feet into the old growth forest surrounding the Green River Game Lands. Zippers can expect to "fly" at an average of 35 miles per hour. And the view from the tree-top platforms is worth the nervous exhilaration.

### Upcoming events:

**Garden Jubilee**
May 27–28

**North Carolina Apple Festival**
Sept. 1–4

### Know before you go

**Henderson County/Hendersonville**
visithendersonvillenc.org
800-828-4244

**The Gorge Zipline**
thegorgezipline.com
828-749-2500

**carolinacountry.com/extras**
Watch Renee tackle The Gorge ziplines on a high-speed canopy tour.

# where
## in Carolina Country is this?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by May 6 with your name, address and the name of your electric cooperative.

**Online:** carolinacountry.com/where

**By mail:** Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our June issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

### April winner

The April Where is This photo taken by Pat Hill of Rutherfordton features the Glass Chapel, located on Maple Creek Road in the Woodwind Farms area of Rutherfordton. Many readers were married at the chapel, also known as the Chapel on the Hill and the Crystal Cathedral. Reader Tom Bernard reported that Rev. Faulton Hodge built the chapel to be used for weddings and special ceremonies. The windows came from the old Pennsylvania Hotel in West Palm Beach, Fla., when it was demolished in the 1990s. Peter Wild added that Rev. Hodge was also responsible for the frescoes found at the Glendale Springs Episcopal Church in Ashe County. The winning entry chosen at random from all the correct submissions came from Sheila Hooper of Rutherfordton, a Rutherford EMC member.

CAROLINA COUNTRY
# scenes
## Photo of the month

### Grandfather's Fetching Flowers

My Grandfather always takes pride in making sure his flowers are pretty. And I help by finding the best angle to capture their beauty. These hydrangeas represent our favorite picture of his flowers.

*Alyssa Rowe, Cullowhee*

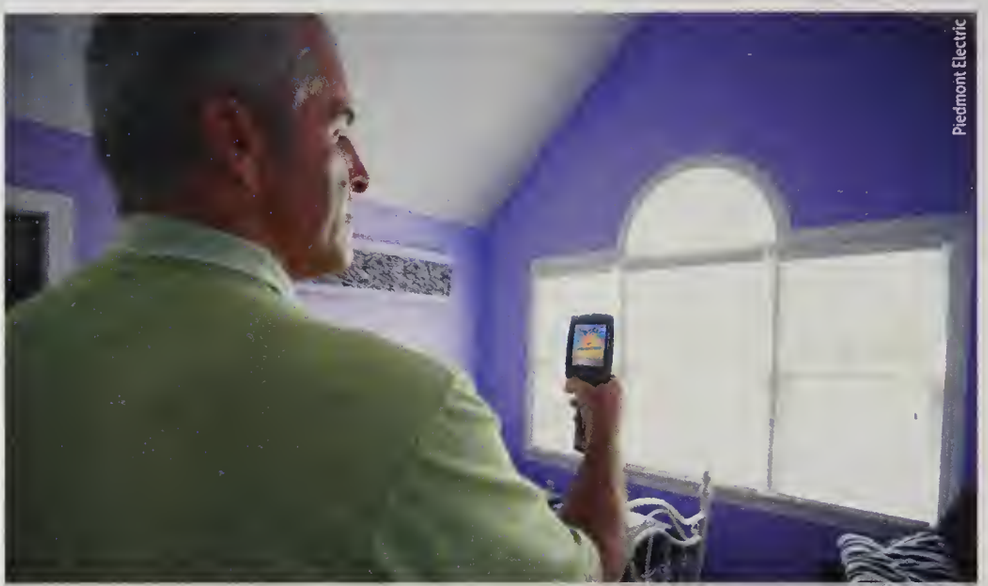
The Photo of the Month comes from those who scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2017). See even more Photos of the Week on our website carolinacountry.com.

# Windows to the World

## Where to start when replacing your windows

*By Pat Keegan and Brad Thiessen*

Replacing your windows is often the costliest, least cost-effective energy efficiency investment you can make. But there are sound reasons besides energy efficiency to invest in new windows, such as comfort, resale value and aesthetics.




*An energy auditor uses an infrared camera to look for areas around the window that are leaky or poorly insulated.*

### Making a plan

As you look into window replacement, think about your goals. If reducing your energy costs is important, you should weigh an investment in new windows against the other energy efficiency opportunities you may have. An energy audit by a qualified auditor is the best way to compare your options.

The auditor can perform a diagnostic test to determine how leaky your windows are. These tests often show that windows, even old ones like yours, are not as leaky as you might think and that you have more significant air leakage problems elsewhere in the home.

You may discover there are ways to reduce heat loss through your windows without replacing them, such as storm windows or window coverings. (More on that in next month's Energy Sense column.)

As you begin to explore window replacement, ask yourself if you're happy with the number of windows you have and with the size and location. When considering whether to add more windows, remember that even very efficient ones are much less effective insulators than a home's exterior walls. Depending on orientation and shading, windows can let in too much direct sun in the summer, driving up indoor temperatures and air conditioning costs.

### Weighing options

Window buyers have a number of choices to make. Double-pane windows are necessary to meet code for most applications, but the additional cost for triple-pane windows could be worth the investment if you live in an area with extreme temperatures. Choosing Argon or Krypton gas between the panes adds a little more efficiency.

A common option that can be well worth the investment is a low-emissivity coating added to the glass. The most important benefit of this "low-e" coating is its ability to reflect heat back into the interior space, which reduces heating bills and increases comfort. These coatings reduce solar heat gain as well, which can help with air conditioning costs.

Window frames can be made of wood, composite materials, fiberglass, aluminum or vinyl. Each has pluses and minuses in terms of cost, maintenance, durability and energy efficiency.

Fortunately, windows are rated for energy efficiency, so you don't need to know all the details about their construction. The most important indicator of a window's energy efficiency is the U-factor, which measures the rate the entire window loses heat. Lower U-factors are more efficient. The window framing material, the number of layers of glass and the special coatings on the glass all contribute to the overall U-factor. In more extreme climates, it makes sense to have more efficient windows.

Another simple measure to look for is the Energy Star® label. Only windows that are substantially more efficient than the code requires receive the Energy Star label. The Energy Star website (energystar.gov), which is maintained by the U.S. Department of Energy, has a climate zone map and a list of windows, doors and skylights that qualify for the Energy Star label.

### Installation

Working with a professional is important because a poor installation can result in long-term damage. Moisture problems are common if windows are not installed properly, which can create mold, mildew and rot in the wall. This can prevent the window from operating properly, or cause the paint to peel.

Bids for new windows vary a great deal, so it's worth requesting more than one and comparing qualifications as well as price for something that will change the look and comfort of your home for many years to come.

*This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more ideas on energy efficient landscaping, visit: collaborativeefficiency.com/energytips.*

ADVERTISEMENT

# Drug Companies Fear Release of the New AloeCure

***Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.***

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

### TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®, Nexium®, and Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

***Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.***

**The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan,** a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...

### HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

### RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

### SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

### UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

***Doctors call it "The greatest health discovery in decades!"***

### SLEEP LIKE A BABY

**A night without sleep really damages your body.** And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

### CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

### SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

### GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body – even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

### HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-334-5467** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

**Important:** Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

# Home Improvement: Part 2

## Indoor Weekend Warriors

*By Hannah McKenzie*

**Q:** Last month you had some great home improvement tips for around the outside of my home. What do you recommend I focus on inside?

**A:** Spring is an inspiring time to tackle home improvement projects, especially ones that are do-it-yourself and improve a home's comfort, indoor air quality and energy efficiency.

### Here's your May DIY punch list:

- Replace or clean HVAC air filters to ensure air is moving adequately through the HVAC system and not shortening the life of the HVAC fan motor. Filters should be changed or cleaned every one to three months. If you often forget, consider setting up some sort of reminder.
- Clean the clothes dryer vent and hose to prevent a fire hazard and ensure that humid air generated from the drying process leaves your house. Humid air that remains inside causes discomfort and moisture problems. The metal exhaust vent from the dryer to the exterior of your home can often be cleared with a vacuum cleaner. If a plastic vent hose is being used, replace it with a metal one. Remember that dryer lint traps should be cleaned after every load to help clothes dry faster. Consult your user manual to learn how to properly clean and maintain your dryer.
- Replace light bulbs, focusing on incandescent bulbs and failing fluorescent bulbs. Waiting until an incandescent light bulb burns out before replacing it is rarely a cost-effective or environmentally friendly tactic. One 60-watt incandescent bulb used four hours per day for one year costs approximately $10.51, compared to just $2.45 for an equivalent fluorescent bulb and $1.58 for a light-emitting diode (LED) bulb. Purchasing light bulbs with the Energy Star® label will ensure a long bulb life and quality light output. Fluorescent bulbs suffer from decreased light output as they age, but LED bulbs do not have this limitation.
- Replace showerheads, bathroom faucet aerators and toilets with water-saving models. Products with the WaterSense® label — a voluntary water-saving standard from the Environmental Protection Agency — are a proven to save water and provide a satisfying experience. A WaterSense showerhead uses at least 20 percent less water than standard models and can save up to $36 per year in a household with an electric water heater. Water-saving toilets and faucet aerators offer less energy savings but are a valuable investment during years of drought. For more information, visit epa.gov/watersense.

- Install Energy Star-labeled ceiling fans, allowing you to use less air conditioning while remaining comfortable during hot summer days. Turn off fans in empty rooms since fans cool people, not air temperature.
- Air seal gaps and cracks with foam or caulk. Walk through the inside of your house as if for the first time, looking up and down. Excessive dust, pest droppings and cobwebs can help you know which areas to target first. These clues reveal where your home's heated and cooled air is escaping and where outside air and critters are coming inside. For example, pest droppings concentrated near windows may mean that the windows need weather stripping to close tight or that window trim needs caulk.
- Plan for future replacements. Being surprised by big ticket repairs or replacements around the house can be painful. Windows, appliances, HVAC or remodeling projects can be opportunities to decrease energy consumption. Maintaining a running wish list of energy-saving investments may help keep your eyes and ears open for discounted or economical Energy Star and WaterSense products. Consider options by reading reviews and looking at product guides on the Energy Star website so you're ready when the moment is right.

*Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.*

Clip this offer and please call today!

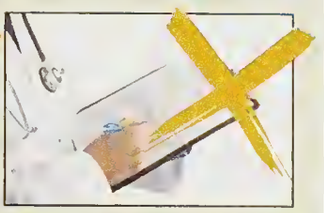
*Now, from United of Omaha Life Insurance Company and Companion Life Insurance Company...*

# $25,000.00 Whole Life Insurance.

## Are you between the ages of 45 and 85*?

## Then this GUARANTEED ACCEPTANCE policy is for YOU!

NO medical exam!



NO health questions!

- » Choose from 4 benefit levels - up to $25,000!
- » Rates "lock-in" at the age you enroll - never go up again!
- » Call for your FREE all-by-mail enrollment packet!
- » Call TOLL-FREE **1-800-419-9358**

Or enroll online at **www.DirectLifeOmaha.com**

### Plus...

- Proceeds paid directly to your beneficiary
- Builds cash value and is renewable up to age 100!**... Then automatically pays YOU full benefit amount!
- Policy cannot be canceled – EVER – because of changes in health!

### Why this policy? Why now?

Our graded death benefit whole life insurance policy can be used to pay funeral costs, final medical expenses...or other monthly bills. You know how important it can be to help protect your family from unnecessary burdens after you pass away. Maybe your own parents or loved one did the same for you. OR, maybe they DIDN'T and you sure wish they would have!

The important thing is that, right now, you can make a decision that could help make a difficult time a little easier for your loved ones. It's a responsible, caring and affordable decision. And, right now, it's something you can do with one simple phone call.

You may have been putting off purchasing life insurance, but you don't have to wait another day. This offer is a great opportunity to help start protecting your family today.

United of Omaha Life Insurance Company
Companion Life Insurance Company
Mutual of Omaha Affiliates

*Your affordable monthly rate will "lock-in" at your enrollment age* ...*

| | $3,000.00 Benefit | | $5,000.00 Benefit | | $10,000.00 Benefit | | $25,000.00 Benefit | |
|---|---|---|---|---|---|---|---|---|
| Age | Male | Female | Male | Female | Male | Female | Male | Female |
| 45-49 | $10.45 | $8.80 | $16.75 | $14.00 | $32.50 | $27.00 | $79.75 | $66.00 |
| 50-54 | $11.50 | $9.70 | $18.50 | $15.50 | $36.00 | $30.00 | $88.50 | $73.50 |
| 55-59 | $14.20 | $11.95 | $23.00 | $19.25 | $45.00 | $37.50 | $111.00 | $92.25 |
| 60-64 | $17.20 | $13.30 | $28.00 | $21.50 | $55.00 | $42.00 | $136.00 | $103.50 |
| 65-69 | $20.50 | $16.00 | $33.50 | $26.00 | $66.00 | $51.00 | $163.50 | $126.00 |
| 70-74 | $27.40 | $21.40 | $45.00 | $35.00 | $89.00 | $69.00 | $221.00 | $171.00 |
| 75-79 | $37.00 | $30.10 | $61.00 | $49.50 | $121.00 | $98.00 | $301.00 | $243.50 |
| 80-85 | $50.50 | $42.55 | $83.50 | $70.25 | $166.00 | $139.50 | $413.50 | $347.25 |

The rates above include a $12 annual policy fee.

This is a solicitation of insurance, an agent (In OR & WA: producer) may contact you. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** Policy Form ICC11L057P or state equivalent (in FL: 7722L-0505; in NY: 827Y-0505). Not available in all states. In NY, during the first two years, 110% of premiums will be paid. Website unavailable for NY residents. EASY WAY Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. *Age eligibility and benefits may vary by state. **In FL policy is renewable until age 121.

AFN44167_0113

# Red, White and Blue Lobelia

By L.A. Jackson

If ever there were plants that could be classified as "patriotic perennials," a trio of our native lobelias would be contenders for the title because: (1) These beauties call the American woodlands home; and (2) their flowers can be found in good ol' U.S.-of-A red, white and blue hues. So, if you fancy the idea of channeling your inner Uncle Sam to the garden, consider planting this threesome:

**Cardinal Flower** *(Lobelia cardinalis)*
To me, the flowers of this herbaceous native flaunt the prettiest shade of red to be found in the garden. Its tubular blooms form on stems that rise majestically 2 to 3 feet into the midsummer air. Cardinal flower is often called a short-lived perennial, but when happy in the garden, this clump-forming plant not only reseeds but usually develops offsets that mature into another generation of fancy plants.

**Great Blue Lobelia** *(Lobelia siphiltica)*
Similar in growing habit and height to cardinal flower but with broader leaves, this indigenous plant sports spikes of eye-catching blue blooms that are slightly tinged with a pleasant purple. Another connection to its red-headed cousin is that great blue lobelia tends to be deer-resistant.

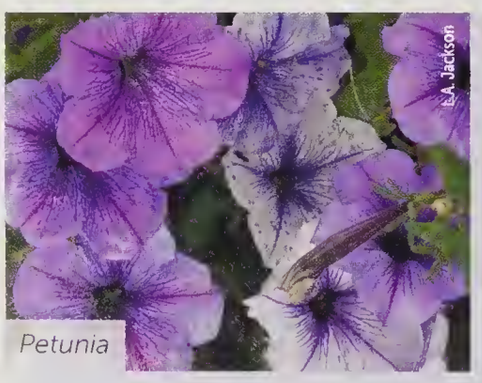
**White Cardinal Flower**
*(Lobelia cardinalis 'Alba')*
This lobelia with an oxymoron of a name is simply a white form of the red cardinal flower, and its towers of refined pale blossoms are certainly a refreshing sight on a sultry summer day. 'Alba' in bloom is also a magnet for butterflies and hummingbirds, just like regular cardinal flower and great blue lobelia.

These lobelias prefer rich soil sites that are at least slightly shaded from the worst of the summer sun's harsh afternoon rays. And they need to be watered regularly. In fact, they would probably do best residing in a rain garden or showing off on the edge of a water garden as marginal plants.

While the regular cardinal flower is not hard to find at local nurseries, great blue lobelia and 'Alba' aren't as common. However, they can be found online. Two top-notch Southern native plant nurseries to try are Sunlight Gardens (sunlightgardens.com) in Andersonville, Tennessee, and Niche Gardens (nichegardens.com) in Chapel Hill.

*L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.*

Cardinal Flower



Petunia

## Garden To Do's for May

Annuals such as zinnias, salvias, million bells, marigolds and petunias can become long, lanky and—in the flower power department—lazy, but pinching the plants back when they are about 8 inches in length will encourage branching, which leads to bushier growth and many more blossoms. And it is easy to do. Just use your thumb and forefinger to squeeze the end tip off of each limb. Later in the growing season, pinching spent flowers will encourage a longer parade of blooms through the summer.

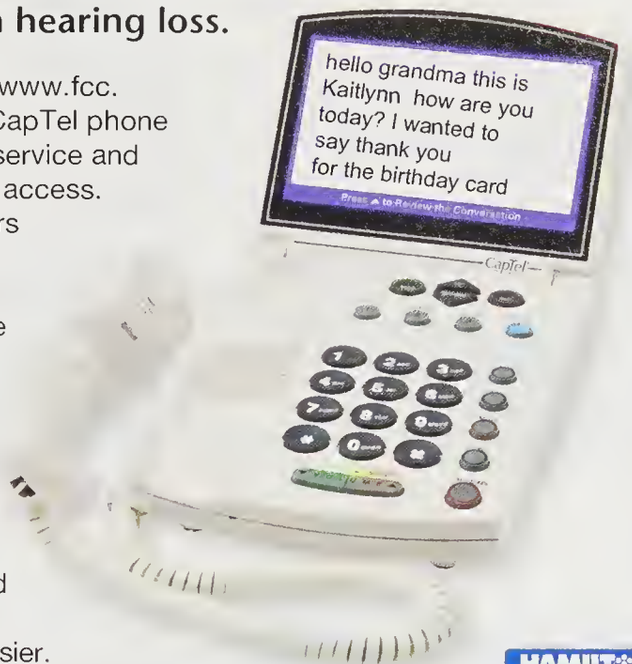
- ☐ By the end of this month, the soil should be warm enough in annual vegetable and flower beds to allow the addition of a 3-inch layer of organic mulch to protect root zones from the baking heat of the summer and conserve ground moisture.
- ☐ The soil should be warm enough now to round out the vegetable garden with plantings of southern peas, okra, eggplant, hot and sweet peppers, lima beans and sweet potatoes.
- ☐ Want fresh, backyard fruit that doesn't require thinning or constant spraying? Try your green thumb at growing blueberry bushes, which, by the way, can also be attractive ornamental additions to almost any landscape.

*Breakthrough technology converts phone calls to captions.*

No Contract No Monthly Fee

# New amplified phone lets you hear AND see the conversation.

**The Hamilton® CapTel® Captioned Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss.**


hello grandma this is Kaitlynn how are you today? I wanted to say thank you for the birthday card
Press ▲ to Review the Conversation
CapTel

Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

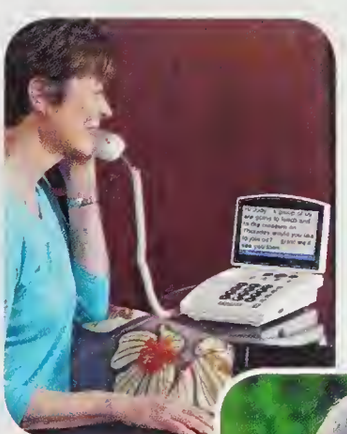
**A simple idea... made possible with sophisticated technology.** If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology – aided by a live representative – generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny. Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss.

To learn more, visit www.fcc.gov. The Hamilton CapTel phone requires telephone service and high-speed Internet access. WiFi Capable. Callers do not need special equipment or a captioned telephone in order to speak with you.

**Finally... a phone you can use again.** The Hamilton CapTel phone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.

HAMILTON CAPTEL

"For years I avoided phone calls because I couldn't understand the caller... now I don't miss a thing!"



SEE what you've been missing!

**See for yourself with our exclusive home trial.** Try a captioned telephone in your own home and if you are not completely amazed, simply return it within 60-days for a refund of the product purchase price. It even comes with a 5-year warranty.

## Captioned Telephone

*Call now for our special introductory price!*

Call now Toll-Free

**1-888-923-6684**

Please mention promotion code 105796.

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone. Hamilton is a registered trademark of Nedelco, Inc. d/b/a Hamilton Telecommunications. CapTel is a registered trademark of Ultratec, Inc.

81135

**Arco Steel Buildings**
**1-800-241-8339**

| | |
|---|---|
| 40 x 60 x 10 | $ 11,989 |
| 50 x 75 x 12 | $ 16,975 |
| 60 x 100 x 12 | $ 24,821 |
| 100 x 75 x 12 w/column | $ 29,844 |
| 20 x 100 x 8'6" Mini Warehouse | $ 8,998 |

**ALL SIZES AVAILABLE!**
**www.arcosteel.com**
37 Arco Years
Arco Building Systems, Inc.
(FOB PLANT – LOCAL CODES MAY AFFECT PRICES – BUILDINGS NOT AS SHOWN ABOVE)

**MOBILE HOME EXTERIORS**

- *Steel & Rubber Roofing Systems Available*
- *Insulated Roofing Systems*
- *Premium Vinyl Siding*
- *Vinyl Replacement Tilt-in Windows*
- *Financing Available W.A.C.*

*For a FREE No Obligation Estimate Call:*
**1-800-849-5715**
www.MobileHomeExteriors.com

★ AD SPECIAL $9,995 - 30x50x10 Painted Enclosed Built Price

**NATIONAL BARN COMPANY** EASTERN DIVISION

STORAGE BUILDINGS
HAY BARNS
HORSE BARNS
GARAGES

May require hurricane upgrade E or I-95 • Fully Insured • #1 Metal • Custom Sizes
4/12 roof pitch • Engineered trusses • Local codes/freight may affect prices
www.nationalbarn.com
1-888-427-BARN (2276)

**PREMIER BUILDING SYSTEMS, INC.**

>> AGRICULTURAL
>> COMMERCIAL
>> INDUSTRIAL
>> MINI STORAGE
*Shown with available upgrades

| | |
|---|---|
| 30x40x10 | $ 7,499.00 |
| 40x75x12 | $12,999.00 |
| 50x100x12 | $18,799.00 |
| 60x125x12 | $25,999.00 |

Prices subject to change due to loads and codes.
1.800.882.5150
PREMIERBUILDINGS.COM

**PIONEER STEEL BUILDINGS**

MEGA MADNESS SALE
Crazy Deals!

Check out our online specials!
CALL OR SEE WEBSITE FOR DETAILS.
**855-212-3005**
PIONEER
STEEL BUILDINGS SINCE 1980 PIONEERSTEEL.COM

**RENEGADE STEEL BUILDINGS, INC.**

All Sizes Available
25 Yr. Warranty

30x40x10
Starting at $8,400*
Includes: 10x8 Commercial Roll Up Door & One 3070 Walk Door
*Freight Not Included
renegadebuildings.com
877.363.4233

**Affordable Metal Roofing CAROLINAS**

**NEED A ROOF?**

**WE'VE GOT YOU COVERED**
100% Financing W.A.C.
No Money Down
Free Estimates

AffordableMetalRoofingCarolinas.com
**800.505.3241**

**Lifetime ROOFING**
by VACAROLINA BUILDINGS, INC.

Lifetime Warranty
Competitively Priced
Financing Available W.A.C.
Licensed & Insured
Energy Efficient
Senior Citizen Discount!

www.metalroofover.com
1-800-893-1242

**MobileHomeRoofing.net**
by VACAROLINA BUILDINGS

Roofing
Vinyl Siding
Windows
FINANCING AVAILABLE (W.A.C.)
CO-OP MEMBER DISCOUNT!

Call for a free, no obligation estimate!
CALL NOW! 1-800-767-1591

**ATTENTION MOBILE HOME OWNERS**

EXPERT INSTALLATION
LIFETIME WARRANTY
REDUCED ELECTRIC BILL
INSURANCE CREDIT
INCREASED HOME VALUE
STOP LEAKS
NO MORE ROOF RUMBLE

**PERMA-ROOF®** from Southern Builders

ASK ABOUT ENERGY STAR

Since 1983
roofover.com
800.633.8969

## Business Opportunities

**CONVENIENCE STORE AND GAS STATION FOR SALE,** Cedar Mountain, NC. Call 828-885-8300. Visit www.cedarmountainquickstop.com

**NEED ADDITIONAL INCOME?** Learn to operate a Mini-Office Outlet working from your computer! www.ownyourplanb.com

## Vacation Rental

**BEACH HOUSE,** N. Myrtle Beach, SC. 4BR/2B, sleeps 12-14. Details at flyinghigh333.com or 828-320-5173. bnagel1936@gmail.com

**ATLANTIC BEACH OCEANFRONT CONDO,** breathtaking view. 1/BD, 1½ /BA, $75.00. 816-931-3366.

GROW
MOREL MUSHROOMS

CREATE A PERENNIAL MOREL GARDEN IN YOUR OWN BACKYARD
We provide the spawn and easy to use instructions for preparing an outdoor **Morel Habitat. You just sow the seed,** maintain the **Morel Habitat,** and pick & enjoy fresh Morel Mushrooms.
**$32.95 + $8.40 S/H**
**ORDER (800) 789-9121**

GOURMET MUSHROOMS
P.O. BOX 515 NC7 * GRATON, CA 95444
www.gmushrooms.org

**LOW COST**
**Term Life Insurance**
Issue ages through 90

| AGE | $100,000 | $250,000 |
|---|---|---|
| 45 | 12.78 | 22.75 |
| 55 | 16.19 | 31.28 |
| 65 | 31.06 | 68.47 |

Rates figured on monthly cost for female non-tobacco users.

**BRANDON RAMLET**
**(888) 770-9110**
GLAIC FORM NO. GE-1420


**OCEAN LAKES CAMPGROUND,** 3BR, 1BA HOUSE. $1,000/week. Call or text 336-242-3003.

**HOMES AND CONDOS IN NORTH MYRTLE BEACH, SC.** 2-7 bedrooms. Oceanfront, 2nd Row & Golf Villas. Call 800-274-1105 or visit www.northbeach.com for availability & pricing.

**BEAUTIFUL OCEANFRONT RENTALS**...Best value in Indian Beach, NC. Each 2bdrm/1bath & sleeper sofa includes all the comforts of home. Large oceanfront deck and private steps to the beach. On the sound side, pier, dock, shelter, playground, picnic benches, and boat ramp facility. Visit our website to view our beachfront rentals: www.oceanfrontvaluerentals.com or call 1-800-553-(SURF) 7873.

## Real Estate

**OUTER BANKS BEACH HOMES-LOTS-COMMERCIAL** www.OuterBanksRealEstateInformation.com Frank Jakob Realtor 25+yrs local experience 252-305-1184.

**WASHINGTON, NC HOME FOR SALE** (gated community, Pamlico Plantation) 3BR/2BA, 2350 sq. feet, assigned boat slip. $299,000 negotiable, 252-946-8862.

**BEST VALUE CUSTOM BUILT MODULAR HOMES** Lowest price guarantee Call for a FREE Brochure 910-575-7944. SouthBayDevelopers.com

## Gold Maps

**FUN, HOW TO PAN.** Carolinas, Virginia, Georgia, Alabama, California. 1-407-282-3594. WWW.GOLDMAPS.COM

## For Sale

**USED PEWS IN GOOD CONDITION,** for churches that have experienced flooding of their building. Can add new fabric if needed. everettebland@gmail.com or call or text 910-590-4364 day or night.

## Miscellaneous

**PLAY GOSPEL SONGS BY EAR** - $12.95. "Learn Gospel Music." Chording, runs, fills - $12.95. Both $24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204. 913-262-4982.

**SOON CHURCH AND GOVERNMENT UNITING,** suppressing "Religious Liberty", enforcing a "National Sunday Law", leading to the "Mark" of the Beast. Be informed! Need mailing address only. TBSM, Box 99, Lenoir City, TN 37771. thebiblesaystruth@yahoo.com 1-888-211-1715

**FARM FENCING** Watterson Tree Farm installs any type field fencing, especially woven wire with wooden posts, and board fencing. Certified Redbrand installer and Kencove dealer. Website www.farmfencenc.com David 240-498-8054 email treefarmnc@yahoo.com

**MATTIE ARTS CENTER-SWAN QUARTER, N.C.** Classes and Workshops year round from fine arts to crafts. 252-926-2787. www.mattieartscenter.org

*The N.C. Association of Electric Cooperatives and its member cooperatives do not endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make. To place a classified ad: carolinacountry.com/classifieds*

PHOTO CONTEST

# Reclaimed and Reused

We'll be talking about sustainable living in our upcoming August issue—simply put, how folks across the state are doing more with less. We'd like to hear how our readers are putting old things to work in new ways. Send us a photo of a project where you used old materials (whether its functional, artistic or both) and the story that goes with it. We will pay $50 for each one that is printed in our August issue.

### Rules

**Deadline:** June 15, 2017

One entry per household

Photos a minimum of 4 x 6 inches

Limit supporting text to 200 words or less.

Include your name, electric co-op, mailing address and email address or phone number with your entry.

We retain reprint and online rights. Payment will be limited to those entries appearing in print only, not entries featured solely on carolinacountry.com.

### Send to

**Online:** carolinacountry.com/reclaimed
No emails, please.

**Mail:** Carolina Country—Sustainable Living
3400 Sumner Blvd.
Raleigh, NC 27616

If you would like us to return your photo print, include a self-addressed, stamped envelope (we will not return others).

## Buffalo Chicken Burger Salad

**For the burgers**

- 2 lbs. ground chicken
- 1½ teaspoon onion powder
- 1½ teaspoon garlic powder
- ½ cup Texas Pete Cha! (Sriracha) sauce
- 2 carrots, grated (about 1 cup)
- 2 eggs, slightly beaten
- 1 cup panko bread crumbs
- 1 teaspoon crushed red pepper
- 2 tablespoons each minced fresh parsley and chives
- Salt/freshly ground black pepper

**Basting sauce**

- 1 stick of butter
- 2 tablespoons Texas Pete Cha! sauce

Combine all ingredients and mix well.

Refrigerate for at least one hour. Scoop golf ball size mounds onto tray. Cover with parchment paper and "smash" to flatten.

Preheat grill to medium heat. Brush tops of burgers with basting sauce and place onto hot grill, brushed side down. Cover and cook 3–4 minutes. Baste tops sides and turn. Cook for another 3–5 minutes (until 165-degree internal temperature).

**For the salad**

- 2–3 heads Romaine lettuce, shredded
- 3–4 sticks celery, cut into ½" pieces
- Sliced and diced tomatoes, 2 cups
- Slivers of red onion, about 1 cup
- 1–2 jalapeno pepper, sliced into rounds and seeded
- Blue cheese crumbles
- Several kinds of sweet and dill pickles

On a serving platter, scatter lettuce then place prepared burgers on top. Scatter the celery, tomatoes, onion, jalapeno and cheese crumbles. Tuck mounds of pickles around the platter.

**carolinacountry.com/extras**
Pair the burger salad with our homemade Buttermilk Blue Ranch Dressing.

## Orange-Scented Strawberry Chess Pie

**Crust**

- 1 refrigerated pie crust, room temp.
- 2 tablespoons sugar
- 1 tablespoon orange zest

**Filling**

- 1 stick butter
- 1½ cups sugar
- 1 tablespoon corn meal
- Pinch salt
- ½ cup buttermilk
- 3 tablespoons freshly squeezed O.J.
- 3 large eggs, lightly beaten with fork
- About 1½ cups sliced strawberries, about ½" thick slices
- Whipped cream (optional)

Preheat oven to 425 degrees. Place pie crust into 9" glass pie dish, pressing sides to adhere to dish. Prick several times with a fork. With fingers, mix 2 tablespoons sugar with the orange zest. Scatter over bottom of the pie crust and gently push into the dough. Bake for 5 minutes and remove from oven. Reduce heat to 350 degrees.

Heat butter over medium heat in a saucepan, whisking and watching closely as it melts. Heat for about 6–7 minutes until butter smells toasty and has turned golden brown. Remove from heat and set aside.

Combine 1½ cups sugar with the corn meal and salt. Stir together the browned butter, buttermilk and juice. Add this wet mixture to the sugar mixture and fold to combine. Stir in the eggs.

Scatter the crust with strawberries. Gently ladle egg mixture over the berries.

Bake about 50–60 minutes, until filling is set. Note: If edge of crust is getting too brown, shield edges or tent pie with foil.

Chill. Serve as-is or with a dollop of whipped cream!

Recipes on this page are from Wendy Perry, a culinary adventurist specializing in N.C.-made food products and small N.C. farms.

# From Your Kitchen

## Oreo Explosion Cake

- 1 box white cake mix (mix according to directions on box)
- Baking spray with flour
- 1 cup sour cream
- 16 Oreos, crushed

**Frosting**

- 2 Hershey's Cookies 'n' Cream candy bars, melted
- 2 sticks softened butter
- ¼ cup milk
- 2 cups confectioners' sugar
- 1 tablespoon vanilla extract
- 10 Oreos, crushed
- Mini Oreos (optional, for garnish)

Preheat oven to 350 degrees. Line bottoms of two round 9-by-9-inch baking pans with parchment paper and spray pans with baking spray with flour.

Prepare cake mix according to directions on box then add the sour cream. Fold in the 16 crushed Oreos and stir until evenly combined. Divide batter between the prepared cake pans and bake according to directions on box (or until toothpick comes out clean). Let cool completely.

To make the frosting: Beat butter until light and fluffy. Add the melted candy bars. Gradually mix in the powdered sugar alternately with milk. Add vanilla and beat until smooth.

Place cooled cake layer on plate and spread with frosting. Sprinkle half of the 10 crushed Oreos on top of the frosting. Add second layer of cake and frost entire top and sides.

Top with crushed Oreos. Optional: garnish with mini Oreos around sides of cake and on top.

*Recipe courtesy of "Oreo Lover" in Youngsville*

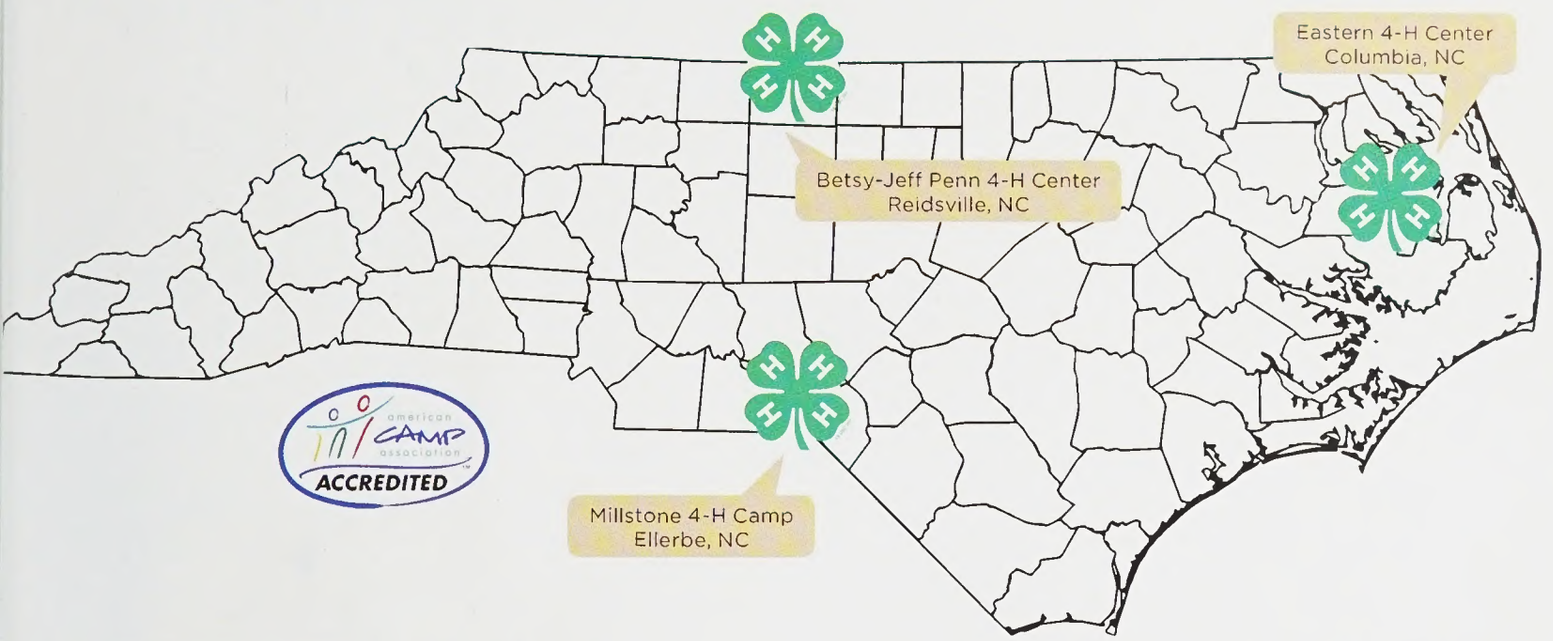
## Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC, 27611. Or submit your recipe online at: carolinacountry.com/myrecipe.

*—Jenny Lloyd, recipes editor*

# 4-H SUMMER CAMPS

NC STATE UNIVERSITY



## FACILITIES & PROGRAMS

Each 4-H camp and conference center is uniquely different, based on its geographic location. All camps and conference centers offer similar activities, facilities, and programs, including:

Classrooms
Dining Facilities
Meeting Facilities
Rec Halls
Cabins

Archery
Trails
Campfire Circles
Environmental Education Programs & Activities
Teambuilding & Challenge Courses
Swimming
Canoeing
Arts & Crafts
Outdoor Education Programs
Outdoor Living Skills
Shooting Sports

## HOW DO CAMPERS REGISTER FOR CAMP?

Youth do **NOT** have to be a 4-H club member to attend camp. To enroll, contact your county 4-H Agent at the Cooperative Extension Service office.
**OR Register Online** at www.nc4hcamps.org

Betsy-Jeff Penn 4-H Educational Center
336-349-9445
bjpenn4h.org

252-797-4800
eastern4hcenter.org

Eastern 4-H Environmental Education Conference Center

4-H Camp Millstone 1939 Ellerbe, NC
910-652-5905
millstone4hcamp.com

# dish 2-YEAR TV PRICE LOCK!

# $39.99 month

Brand New Offer!

## Blazing-Fast Internet

**No Matter Where You Live**
**Speeds from 25 Mbps to 1 Gbps**

No TV service required for internet.

## Includes 50+ Great Channels

Hallmark Channel · HGTV · CNN · AMC · A&E · FX · Comedy Central · food network · E! · Lifetime · tbs · TNT · HISTORY · Spike · Syfy · National Geographic Channel · abc · CBS · NBC · FOX · The CW · PBS · Plus More!

## NETFLIX

-Fully Integrated-
Just Change The Channel And Watch!

Ask How To Get HBO Included For 1 Year!

## 45 FREE Premium Channels

HBO · CINEMAX · STARZ · SHOWTIME · DISH MOVIE PACK

for 3 Months

## Get DISH and Get $100!

Must mention offer code **Gift100**

Courtesy of GoDish.com

Hopper 3 with Sling

Limited Time Only! Just $15/mo more!

**16** Record 16 Shows at Once!

**4K ULTRA HD** TV Never Looked Better!

**2,000** Hours of Storage Capacity

## 1-866-290-7151

Mon-Fri: 7am - 10pm CST Sat: 7am - 9pm CST Sun: 10am - 7pm CST

Google GoDish.com/Pricelock

dish AUTHORIZED RETAILER

All offers require credit qualification, 2-Year commitment with early termination fee and eAutoPay. Hopper Upgrade fee may apply based on credit qualification.
Offer for new and qualifying former customers only. Important Terms and Conditions: Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 6/21/17. 2-Year Commitment: Early termination fee of $20/mo. remaining applies if you cancel early. Included in 2-year price guarantee at $39.99 advertised price: Flex Pack plus Locals Pack (or customer's choice of one Channel Pack), HD service fees, and equipment for 1 TV. Included in 2-year price guarantee for additional cost: Programming package upgrades ($54.99 for AT120+, $69.99 for AT200, $79.99 for AT250) monthly fees for additional receivers ($7 per additional TV, receivers with additional functionality may be $10-$15) and monthly DVR service fees ($15). NOT included in 2-year price guarantee or advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), Protection Plan, and transactional fees. Hopper: Recording hours vary; 2000 hours based on SD programming. Premium Channels: Subject to credit qualification. After 3 mos., you will be billed $60/mo. for HBO, Cinemax, Showtime, Starz and DISH Movie Pack unless you call to cancel. Gift and Pre-paid Cards: Courtesy of GoDish.com for credit-qualified customers. Customers who do not qualify may be eligible for a secondary gift offer. Visa prepaid card is issued by MetaBank®, Member FDIC, pursuant to a license from Visa U.S.A. Inc. No cash access or recurring payments. Card terms, conditions and 6 month expiry apply, see MyPrepaidCenter.com/site/visa-promo. Mail-in redemption form is required within 60 days of qualified activation to receive gift. Customer account must be current and in good standing at the time of redemption. Allow 6-8 weeks for delivery of gift. Other: Netflix streaming membership required. All packages, programming, features, and functionality are subject to change without notice. Upfront or additional monthly fees may apply. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. © 2017 GoDish.com. All rights reserved.

*Internet: Internet speeds, prices and providers vary by customer address, call for details.